

Women's Physique World

January/February 1996

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**1995
USA
Championship
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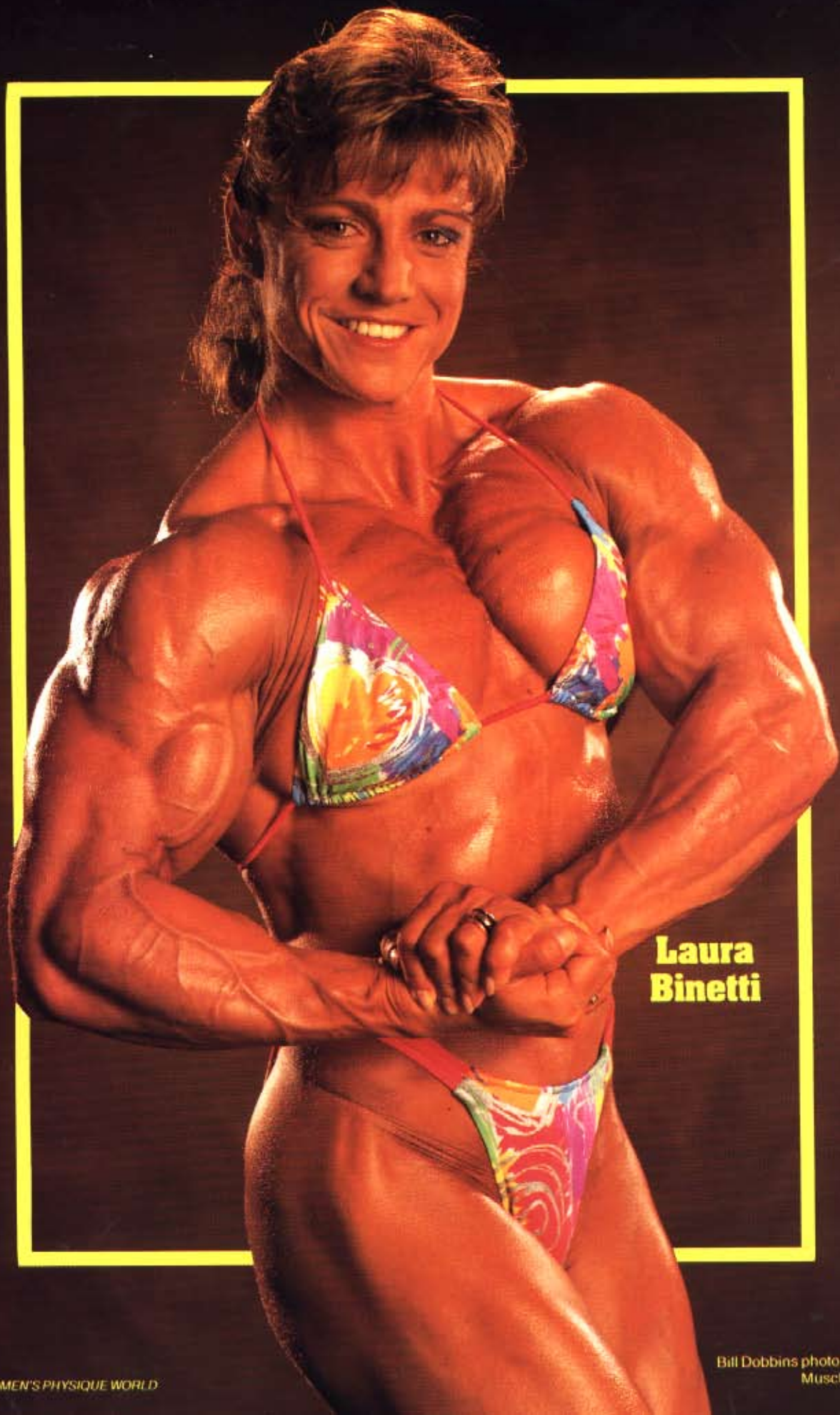
**Pro Muscle
Shifts Into
High Gear
At Jan Tana
Classic**



Cathy LeFrancois

DISPLAY UNTIL FEBRUARY 1996





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Ralph DeHaan photo courtesy of
Muscle & Fitness.



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MUSCLE IS IMPORTANT . . . SO IS PRESENTING IT WELL.

by Steve Wennerstrom

In one respect, you gotta hand it to the new breed of fitness competitors. They figured out early on that what they were doing on stage in addition to expressing their individual ideas of high tech fitness, was essentially a beauty contest for women who train. It was quickly realized that they had to possess a 'finished' look. From head to toe they had to be totally prepared. They paid very special attention to hair styles, makeup, skin tone and its applications, the cut of suits to be worn, etc. In short, their overall general appearance was of paramount importance.

It all makes sense, really. Why would any serious contestant spend untold hours of preparation on their bodies in an effort to make themselves ultimately fit and then totally ignore all the accoutrements that put the finishing touches on an overall package of physical excellence?

Unfortunately, within the sport of bodybuilding, this phenomenon has been an ongoing problem. Many women are accomplishing remarkable physical levels muscularly, but falling short of the needed attention to detail when it comes to 'selling' the idea of what they have accomplished. In effect, they have neglected those elements noted above in their final preparation before taking their own package to the bodybuilding stage.



Within the sport I see videos being sold which point out proper ways to pose, proper ways to perform compulsories, and the intricacies of presenting yourself properly during a contest.

Where then is the video—especially for women—that points to the best ways to select hairstyles that will suit a particular type of physique or face. For instance, if a competitor has facial features which are naturally pointed, i.e. pointed chin, pointed nose, prominent cheekbones, it would

be safe to say that competitor should avoid a hairstyle in which the hair is pulled back tight to the head or slicked down. All this hairstyle will do is make these facial features far too prominent.

And facial makeup. How many times have you seen a competitor forget to find a base makeup that will match her skin tone when fully applied? The result is what photographers call 'ghost face' . . . a dramatically lighter skin tone than the rest of the body.



And full length articles could be written on selecting a proper fitting bikini for the contest. It is perhaps the most important element when trying to gain the most out of your physique where the structure and muscular proportions are concerned.

No question, the muscles and their development are important when considering who wins a particular contest. But the smart competitor will spend as much time outside the gym sorting out the problems of general appearances and how to enhance their onstage look, as they do in the gym building that championship physique.

The 1995 NPC USA Championships

Ganggi Does Denver

by Steve Wennerstrom & Barry Brooks

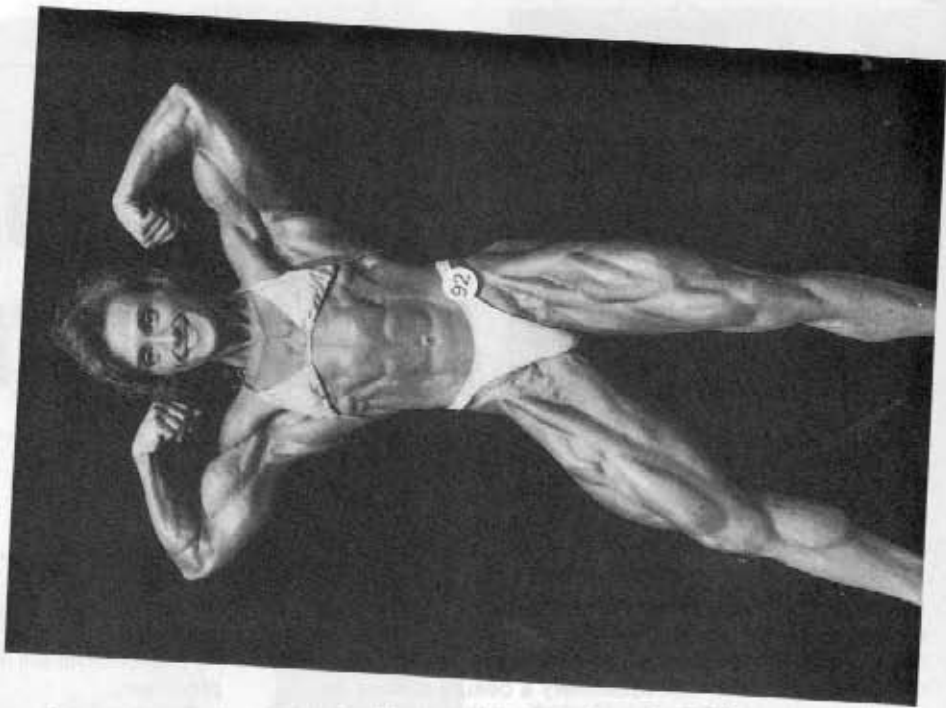
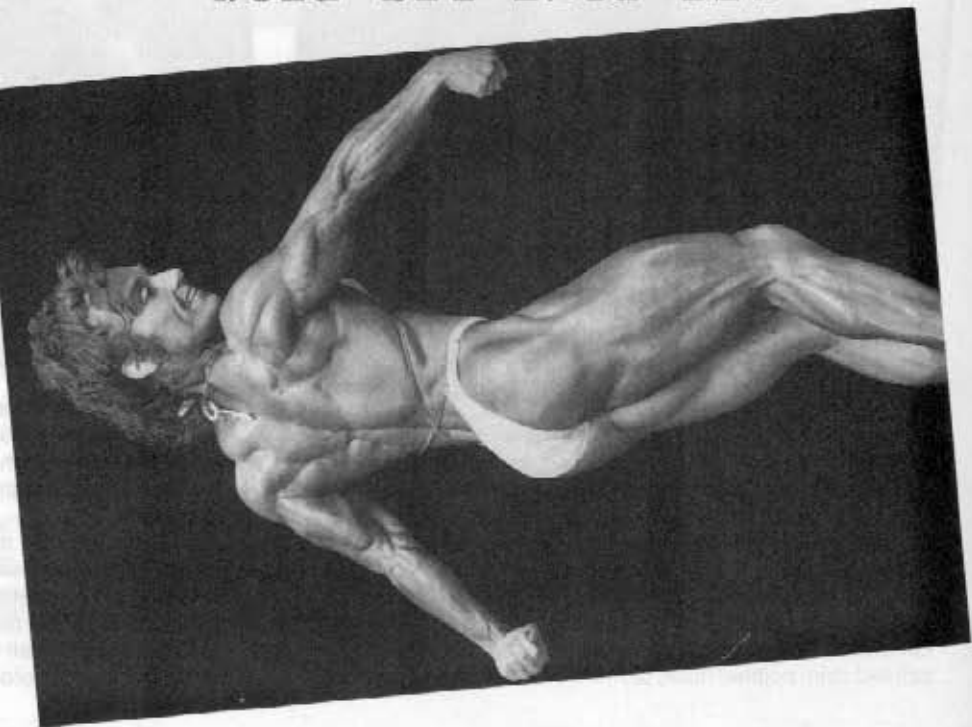
Anytime you send 34 muscularly fit women into 5,280 feet of altitude to compete for one of the country's most prestigious bodybuilding titles, it's bound to be a event filled with intensified flexural fireworks.

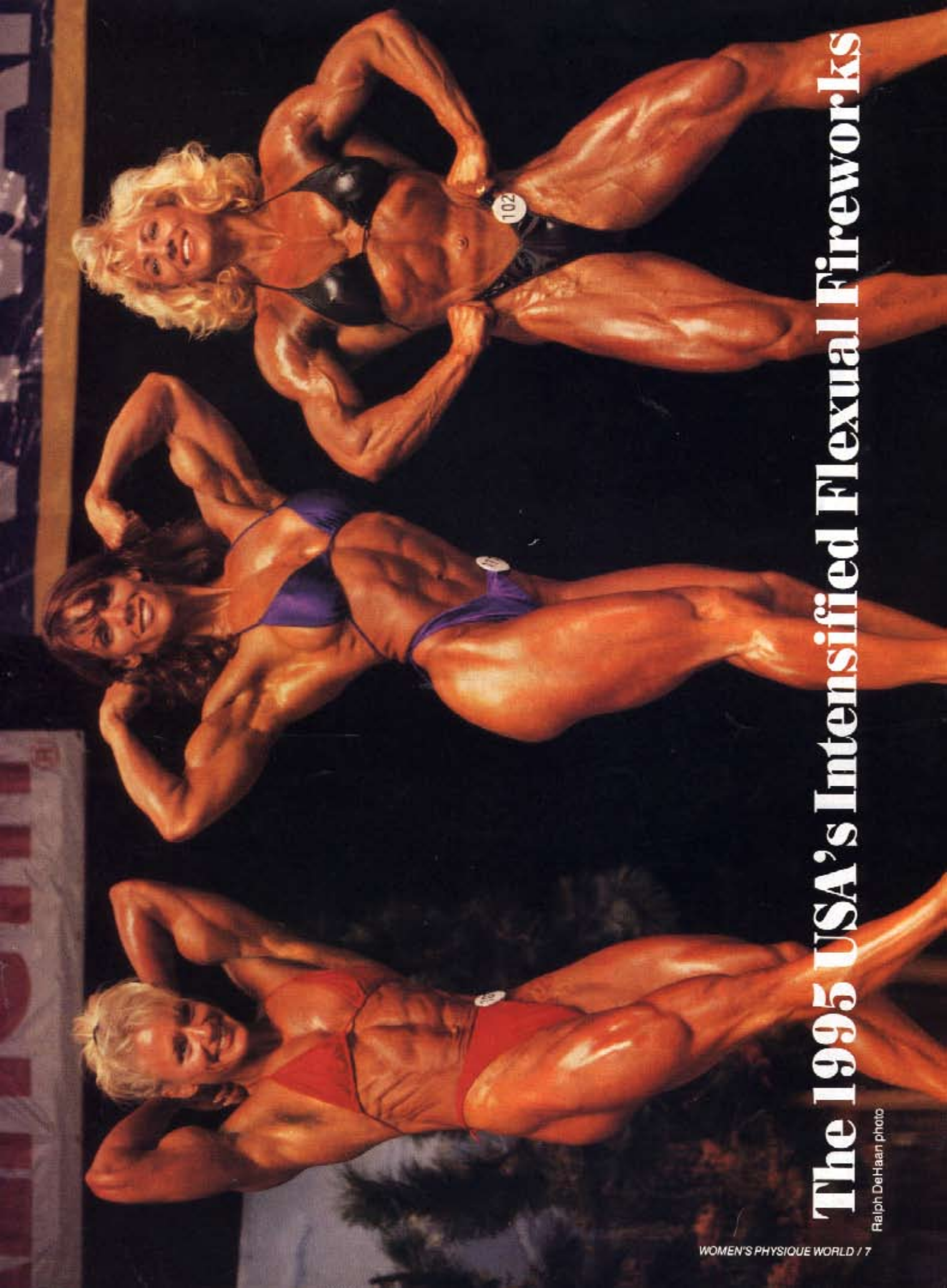
And that's exactly what happened on the July 8th weekend when Colorado's 'Mile High City' of Denver hosted the 1995 NPC-USA Championships, promoted by Jon Lindsay and Jeff Taylor.

With the Adams Mark Hotel serving as contest headquarters and the beautiful Denver Auditorium Theatre staging the show, all the bases had been covered to present an ideal setting for a contest of-fering IFBB pro status for its overall champion.

The 1995 edition of this event made for in-teresting viewing in light of the fact that no individual—by way of a pre-contest favorite reputation—had surfaced before the contest.

So, the race was . . .





The 1995 USA's Intensified Flexual Fireworks

Ralph DeHaan photo

'95 USA The Lightweights



**Angie
Ashcraft
1st**



**Renee
Johns
2nd**

If you ask Angie Ashcraft, she'll tell you she's enjoying the ride she's experienced thus far in her young bodybuilding career.

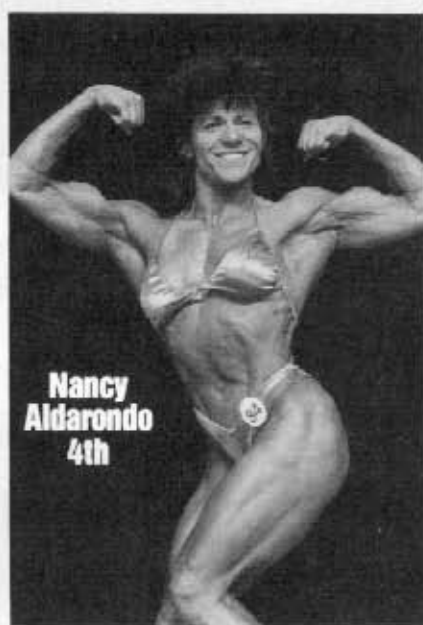
After a win at the Gold's Classic in her hometown of Tuscaloosa, to get things started, the 5-0, 114-pound computer programmer, added wins at the 1992 Alabama State Championships and 1994 Jr. USA—both as a lightweight—before claiming the USA light class title in Denver.

At 30, Ashcraft withstood a strong challenge from New Jersey's outstanding Renee Johns who placed second.

Not one to rush things, Ashcraft said of victory, "I think I'll just enjoy being the USA winner for a while and give the Nationals a shot next year. I need a rest!"



**Lisa
Boscarino
3rd**



**Nancy
Aldarondo
4th**



**Anna-Marie
Fuchs
5th**

The 1995 United States Champions

As this year's winners of the NPC-USA Championships, the trio of champions join a distinguished group of former class champions no less than two dozen of which have gone on to IFBB pro careers.



Ralph DeHaan photo



Steve Wennerstrom photo

Valerie Gangi
Middleweight



Ralph DeHaan photo

Chris Bongiovanni
Heavyweight

Angie Ashcraft
Lightweight

Past United States Champions (Overall)

- 1980 - Rachel McLish, *Texas*
- 1981 - Deborah Diana, *Pennsylvania*
- 1982 - Stella Martinez, *California*
- 1983 - Lori Bowen, *Texas*
- 1984 - Clare Furr, *Louisiana*
- 1985 - Dona Oliveira, *Massachusetts*
- 1986 - Laura Creavalle, *California*
- 1987 - Jackie Paisley, *Arizona*
- 1988 - Dorothy Herndon, *Texas*
- 1989 - Debby McKnight, *Mississippi*
- 1990 - Shelley Beattie, *Oregon*
- 1991 - Nancy Lewis, *California*
- 1992 - Tazzie Colomb, *Louisiana*
- 1993 - Denise Rutkowski, *California*
- 1994 - Danielle LeRoy, *New York*

The Middleweights

Middleweights don't win the overall USA title very often, but when they do, they're very good.

San Jose's Valerie Gangi managed the feat this year, making her the first MW to win the USA title since Nancy Lewis turned the trick in 1991. Prior to that, Dona Oliveira was the last MW to claim the overall crown in 1985.

As the 1994 NPC California champion, the 5-6, 131-pound Gangi used a high level of muscle separation and terrific stage presence to help her to the class and overall wins.

Scoring unanimous firsts by the judging panel, the 28-year-old accountant now finds herself a member in good standing in the IFBB pro ranks.



'95
USA



Valerie
Gangi
1st



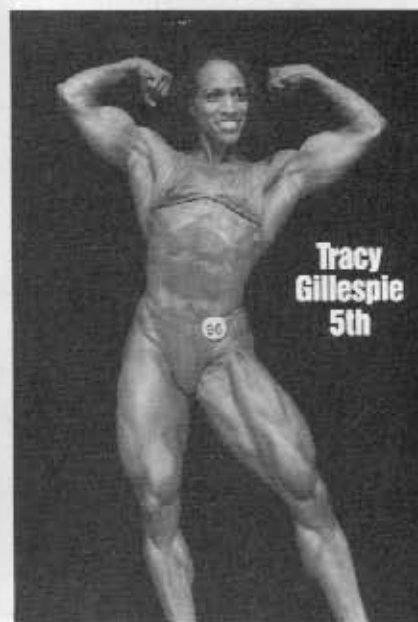
Judy
Miller
2nd



Sherry
Meyer
3rd

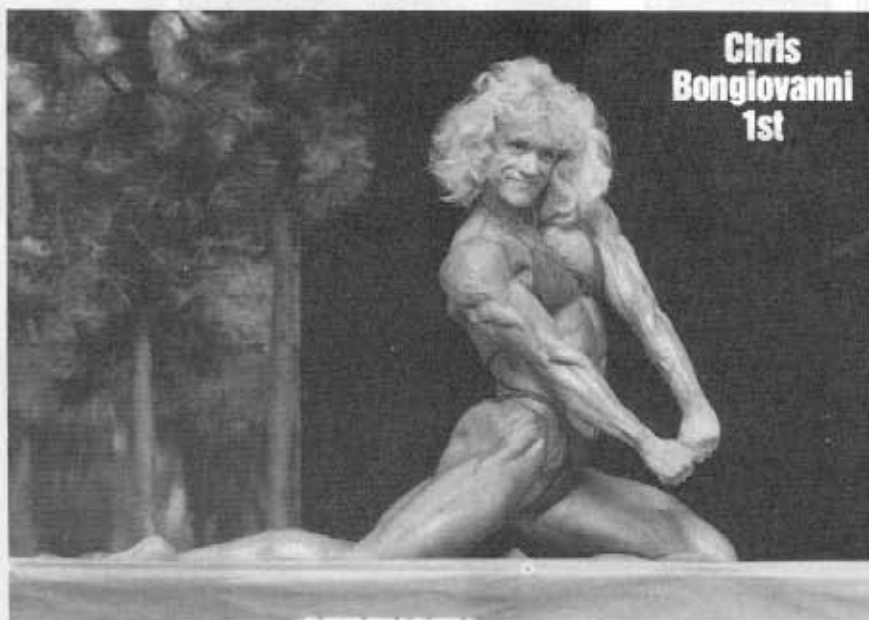


Heather
Foster
4th



Tracy
Gillespie
5th

The Heavyweights



**Chris
Bongiovanni
1st**



**Robin
Parker
2nd**

The USA heavyweights put on a battle royal as Minnesota's Chris Bongiovanni edged out a one-point victory over New Yorker Robin Parker for the title.

At 5-4, Bongiovanni molded an incredibly well-detailed 140 pounds on her frame becoming the first female to win USA class titles in two different weight divisions.

As the middleweight class USA champion last year, Bongiovanni returned this year with a more rounded, fuller, look, yet with the same startling definition she has possessed in the past . . . and it took every bit of that muscle quality to defeat the hard-charging and powerfully built Parker.

Still in all, Bongiovanni found herself on the short end of a 6-3 judges vote for the overall title bowing to Valerie Gangi.



**Betty
Pariso
3rd**



**Erica
Kern
4th**



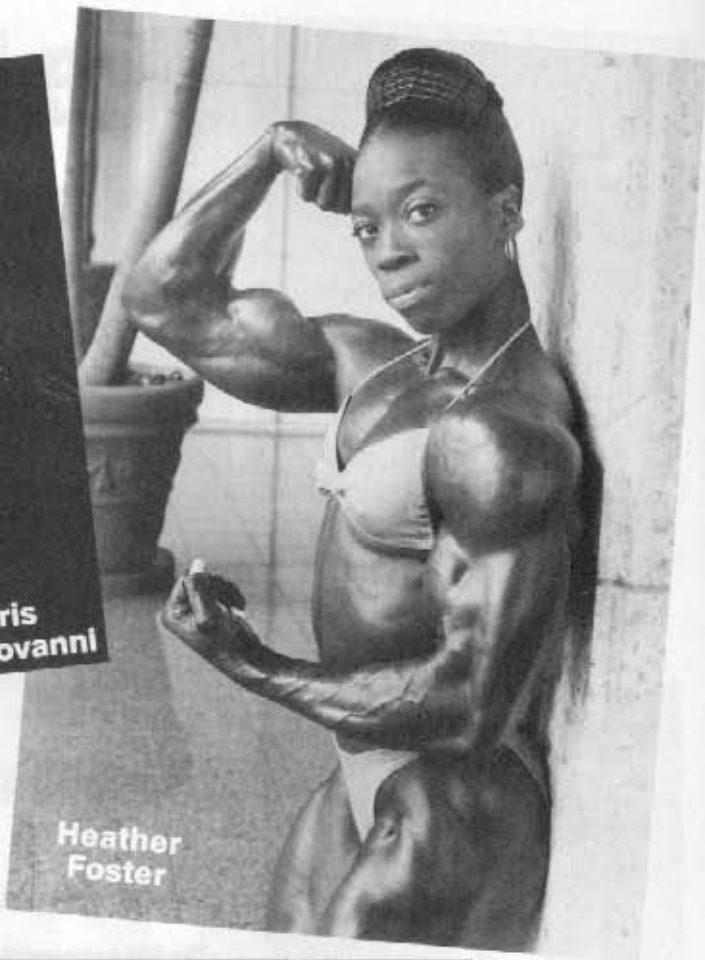
**Suzan
Kaminga
5th**

'95 USA

A Second Look



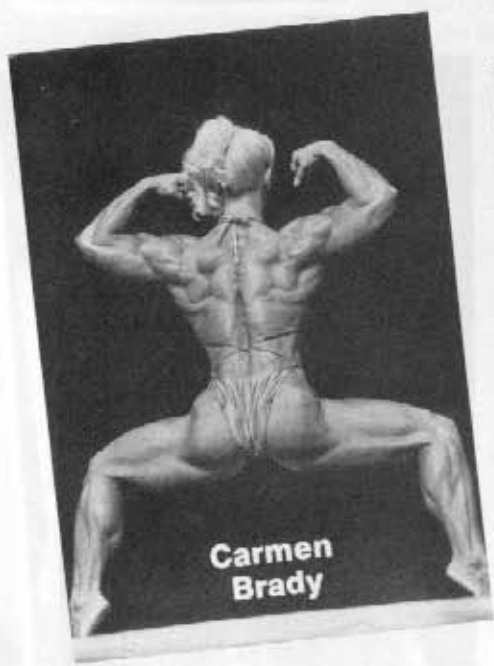
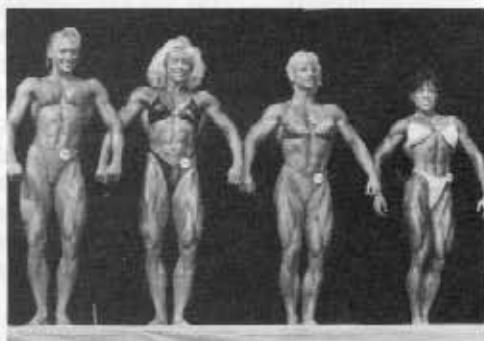
Chris
Bongiovanni



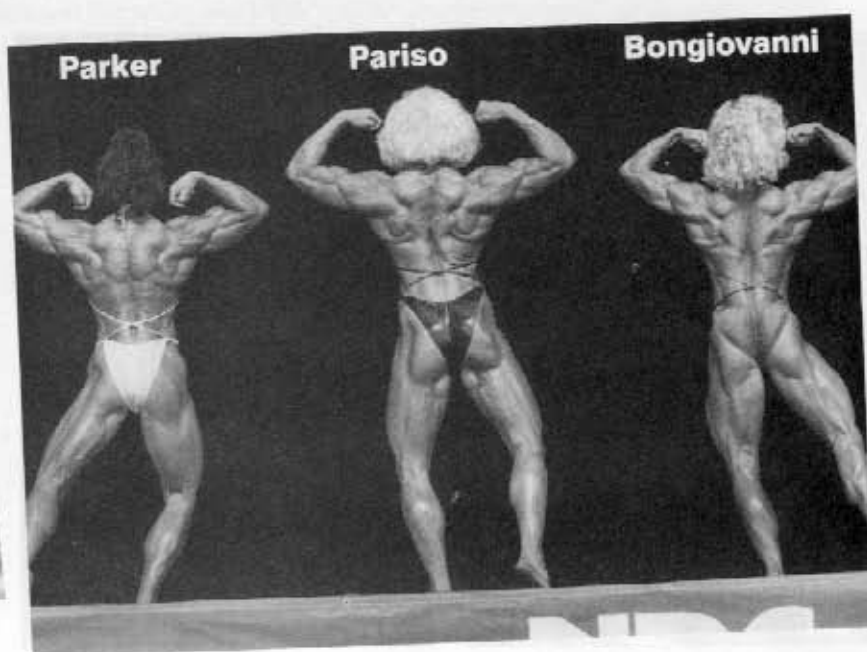
Heather
Foster



Judy
Miller



Carmen
Brady



Parker

Pariso

Bongiovanni



Valerie Gangi



LW



MW



HW



The 1995 NPC-USA Championships Official Results

Lightweights

1 - Angie Ashcraft, Alabama	5
2 - Renee Johns, New Jersey	10
3 - Lisa Boscarino, New York	15
4 - Nancy Aldarondo, Mississippi	20
5 - Anna Marie Fuchs, Missouri	26
6 - Sally Morganroth, Colorado	29
7 - Geri Walter, New Mexico	35
8 - Shelby Davies, North Dakota	40
9 - Mechell Barry, Wyoming	45

Middleweights

1 - Valerie Gangi, California	5
2 - Judy Miller, Hawaii	13
3 - Sherry Meyer, Colorado	16
4 - Heather Foster, New York	17
5 - Tracy Gillespie, Tennessee	24
6 - Gina Spengler, Colorado	30
7 - Joey Strackbein, Washington	38
8 - Sandy Cummins, Louisiana	41
9 - Margaret Crandell, Colorado	44
10 - Mary Litsheim, Colorado	52
11 - RoseMarie Abitanta, New Jersey	56
12 - Sally Gioglio, California	56
13 - Cassi Ballard, Georgia	60

Heavyweights

1 - Chris Bongiovanni, Minnesota	8
2 - Robin Parker, New York	9
3 - Betty Pariso, Texas	13
4 - Erica Kern, California	22
5 - Suzan Kaminga, Texas	23
6 - Jennifer Greenbaum, Washington, DC	31
7 - Carmen Brady, California	34
8 - Jacque Till, Oregon	40
9 - Kimberly Thompson, Delaware	45
10 - Tina Lockwood, New Jersey	50
11 - D'Lynn Miller, Virginia	56
12 - Mary Samuel, South Carolina	59
Overall - Valerie Gangi, California	

Color Photos and Videos

of your favorite IFBB/NPC women bodybuilders

NEW 1994 VIDEOS NOW IN STOCK!



Lenda Murray



Debbie Muggil



Sharon Bruneau



Laura Bass



Sharon Marvel



Diana Dennis



Tazzie Colomb



Denise Rutkowski



Christa Bauch



Gabi Spuhn



Sue Price



Melissa Coates



Meral Ertunc



Rhonda Jorgenson



Zuzana Korinkova



Tina Lockwood



Ursula Tepy



Yaxeni Oriquen

PLEASE READ BEFORE ORDERING: All color photos are 4 x 6" enlargements. These are NOT contest stage photos, but were taken at the time of contests so women are in top contest shape. Sets labeled "posing suits" contain women posing in bikinis and/or leotards. Sets labeled "various outfits" contain the posing suits and dresses, shorts/halters, etc, for greater photo variety. Larger, expanded sets usually contain multiple-year photo sessions, and may contain some "off-season" photos when women are in heavy training condition. If you get the larger, expanded sets do not get the smaller sets, they are included. For example, we have a total of 175 photos only available of Lenda Murray. All videos were taken with professional quality 3/4" video equipment, edited and reduced to play on your home video system. All videos contain posing in all the outfits, most contain interview and/or gymwork as well. Dates next to Video number indicate year(s) video was taken. Posing sequences contain original sound with some of the noisier scenes dubbed with light music. All videos run between 1 3/4 hours and 2 1/4 hours. For domestic USA customers, VHS only is available (no BE TA). Foreign customers (except Canada and Japan) will be sent the European PAL VHS format (add \$10 for conversion and \$7 per tape for AIR MAIL), unless specified that you can play the American NTSC system. Full illustrated catalogue of our other releases sent with orders only.



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Jennifer Greenbaum



Shelley Beattie



Janet Tech



Janice Ragain



Karla Nelson



Doughdee Marie



Juliette Bergmann



Joanne McCartney



Paula Bircumshaw

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Laura Bass - 75 photos (various outfits)	\$46
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Sharon Marvel - 180 photos (various outfits)	\$108
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Diane Dennis - 100 photos (various outfits)	\$63
Diane Dennis - 180 photos (various outfits)	\$108
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Tina Lockwood - 90 photos (various outfits)	\$57
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Janet Tech - 140 photos (various outfits)	\$90
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Janice Ragain - 100 photos (various outfits)	\$63
Karla Nelson - 40 photos (posing suits)	\$28
Karla Nelson - 85 photos (various outfits)	\$54
Doughdee Marie - 50 photos (various outfits)	\$33
Doughdee Marie - 100 photos (various outfits)	\$63
Juliette Bergmann - 50 photos (posing suits)	\$33
Juliette Bergmann - 100 photos (various outfits)	\$63
Joanne McCartney - 40 photos (posing suits)	\$28
Joanne McCartney - 90 photos (various outfits)	\$57
Joanne McCartney - 140 photos (various outfits)	\$90
Paula Bircumshaw - 50 photos (various outfits)	\$33

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***Michele
Ralabate***

THE 1995 JAN TANA CLASSIC

Ralabate Rolls in Roanoke



Jim Antentler photos

report by John Nafpliotis & Barry Brooks

Michele Ralabate seems to be following in the footsteps of her longtime competitive pal Sue Price.

Last year Price swept to victory at the Jan Tana Classic after winning the NPC Nationals in 1993. This time around, Ralabate, after winning the Nationals in '94, moved up to the Jan Tana event and won in the same impressive fashion as Price had the year before.

At 4-11 $\frac{1}{2}$, Ralabate entered this year's Jan Tana show loaded with about as much density as one can squeeze on such a tiny frame, and what muscle was there was cut deep and highly defined.

If that sounds like a winning combination . . . it was. And it earned the wee tot from Pennsylvania a tidy \$4,000 for her first pro effort.

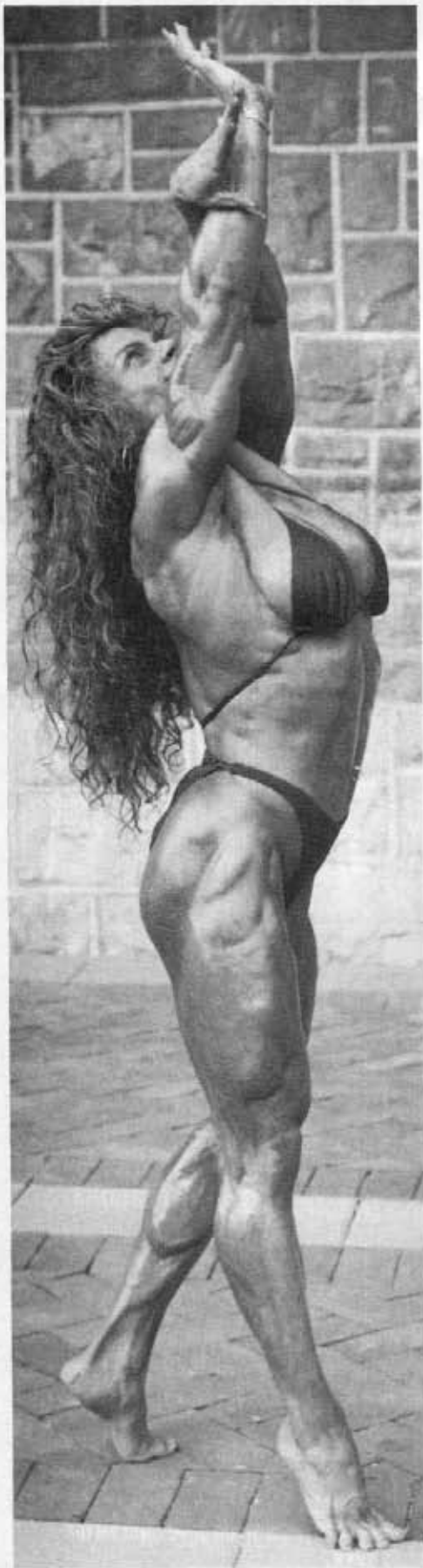
In all, 26 women entered the fifth annual contest which offered \$10,000 in prize money and three Ms. Olympia qualifying spots.

With the Roanoke Civic Center hosting the event on July 29th, promoters Jan Tana and David Puzzo once again gave their all for an event which has established a strong tradition of excellence with athletes and audiences alike.

Michele Ralabate 1st

To the best of our knowledge Michele Ralabate's height of 4-11½ makes her the shortest pro bodybuilder (male or female) ever to win a pro contest. So, with the 'good things come in small packages' cliché firmly in place, Ralabate proceeded to outscore and outflex a field of women who were in a collective shape that surpassed most pro women's event of the recent past.

So complete was Ralabate's dominance of the event, she was the unanimous winner in three of the four judging rounds.



Nancy Lewis - 3rd



Gillian Hodge - 2nd

Gillian Hodge returned to the competitive stage in her best shape ever only to finish in the runnerup spot to the rampaging Ralabate.

Hodge was the runnerup at the inaugural Jan Tana in 1991 when she bowed to Sue Gafner.

After two previous runnerup placings at this contest, Californian Nancy Lewis was ready to move up. The problem was Ralabate and Hodge had muscled her way.

Finishing a strong third, Lewis claimed \$1,500 falling short of Hodge's \$3,000 for second.

Rozann Keyser - 4th



After a long and sometimes frustrating amateur career, Floridian Rozann Keyser finally realized her long-sought-after goal of competing at the pro level. She made the effort a strong one by breaking into the top five and displaying a professional look which played well against her heavily-developed physique.

Keyser fell one place short of qualifying for the Ms. Olympia, but she will no doubt take another shot at that goal in 1996.

Jan Tana Classic '95

German Christa Bauch called it a bodybuilding career after her sterling fifth-place finish. In pocketing \$1,000 in prize money, the ageless Bauch winds up an excellent career in which she will be greatly missed.

Perhaps the most dramatic appearance by a newcomer was England's Andrulla Blanchette. Possessing one of the sport's best balanced structures, she now displays an accompanying muscularity that rivals the top women in the sport. Her sixth-place finish at this contest missed the money positions, but she will be one to watch in '96. In this, her first pro contest, Blanchette had not competed since the 1992 IFBB World Amateur Championships in Rimini.



Vickie Gates 8th



Christa Bauch 5th

Close on Blanchette's heels was the well-defined Zuzana Korinkova. As a competitor who steadily improves and is always in great condition for her contests, the Slovakian star is now becoming an outstanding poser of note with a flare for the dramatic.



Andrulla Blanchette - 6th



Zuzana Korinkova 7th

Sharon Marvel - 9th (tie)

Although not in bad shape, veteran Sharon Marvel fell short of being strongly competitive with this field of well-prepared women. For a competitor who has placed as high as fifth at the Ms. Olympia, Marvel has not had the greatest luck at the Jan Tana. Her finish here equals her 1991 effort where she also placed ninth. It was her first contest effort since she placed eighth at the 1993 Ms. Olympia.



Jan Tana Classic '95

Tied with Sharon Marvel for ninth was Venezuelan dazzler Yaxeni Oriquen. A deceptively muscular competitor, Oriquen distributes 150 well-balanced pounds on her frame and her biceps and ab poses compare favorably with the best entrants in the contest.

Finishing 11th was Canadian Laura Carolan who was making her first appearance after taking a year off to train heavily. The training worked, as she entered the event as the heaviest of all competitors weighing 162 pounds. Although not reaching the level of definition needed to finish higher, Carolan's size and shapes were nonetheless impressive.

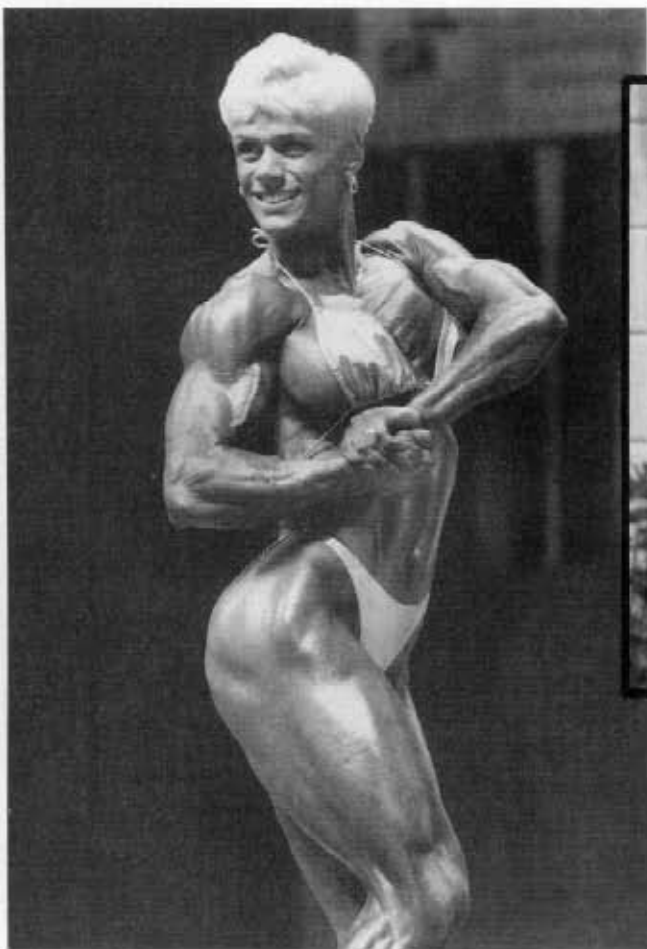
Laura Carolan - 11th



Yaxeni Oriquen - 9th (tie)



Cathy Lefrancois - 12th



The gasps heard from the audience when Cathy Lefrancois took the stage to begin her posing routine didn't have as much to do with her muscular development as it did with her sheer presence. She was simply stunning just standing there waiting for her music to begin.

A tad off the condition that had helped her win the Canada Cup III in Montreal a few months earlier (and subsequently earn the Canadian her pro card), Cathy Lefrancois will be another of those uniquely gifted competitors who will become successful no matter where she places in a contest. It's like they say, "she has the look".

Another pleasant surprise from Canada was Toronto's Linda Battaglia. Showing off a pair of killer calves and several other impressive bodyparts, the former Canadian middleweight champ was also enjoying her first chance at competition on the pro level. With further work to help improve her overall structure, she'll add color to any pro lineup.



Renee Casella - 15th

And when it comes to bodybuilding comebacks, how about 1987 IFBB World Amateur middleweight champion Renee Casella returning to the stage for the first time since her 1988 Ms. Olympia appearance. Looking every bit as good as she did seven years ago, Casella hung in there very well, flexing those amazing triceps and arms which were always her muscular calling cards. Casella says she will return in 1996, and that's just fine by us!



Roanoke Ramblings



The Top Five



Oh, Zuzana!

Shown above are two more examples of Zuzana Korinkova's notably muscular quality. As a strong-willed competitor under the watchful eye of her trainers, she will continue to edge up on the competition in future events.



Meral Ertunc gives us a peek at her pecs.

Lewis (L), Bauch (C), and Keyser (R) compare biceps.



JAN TANA CLASSIC '95



Blanchette's Flawless Form



Ralabate's Hellacious Hams



**Ralabate
Dressed
to Kill**

Shown at right are Blanchette (R) 6th, Keyser (C) 4th, and Hodge (L) 2nd. It is always interesting to note the surprising differences of overall structures among top placers.



Hodge Does Her Posing Thang!



Carolan's Bombastic Back



The 1995 IFBB Jan Tana Classic Official Results

1 - Michele Ralabate, USA	22
2 - Gillian Hodge, USA	45
3 - Nancy Lewis, USA	60
4 - Rozann Keyser, USA	77
5 - Christa Bauch, Germany	106
6 - Andrulla Blanchette, England	92*
7 - Zuzanna Korinkova, Slovakia	95
8 - Vickie Gates, USA	131
9 - Sharon Marvel, USA	151
9 - Yaxeni Origuen, Venezuela	151
11 - Laura Carolan, Canada	181
12 - Cathy Lefrancois, Canada	194
13 - Linda Battaglia, Canada	205
14 - Stacy Ross, USA	221
15 - Renee Casella, USA	223
16 - Kat Sartor, Canada	159**
16 - Meral Ertunc, USA	159
18 - Anita Gandol, USA	160
18 - Amelia Hernandez, Spain	160
18 - Maryellen Warman, USA	160
18 - Sandra Blackie, Canada	160
18 - Trina Tejada, Venezuela	160
18 - Beatriz Galea, Venezuela	160
18 - Jennifer White, Canada	160
- Katalin Rubos, Hungary	injury
- Francois Petitjean, France	illness

*Reflects three rounds of judging only
**Reflects two rounds of judging only

Past Jan Tana Classic Winners

- 1991 - Sue Gafner, USA
- 1992 - Nikki Fuller, USA
- 1993 - Denise Rutkowski, USA
- 1994 - Sue Price, USA
- 1995 - Michele Ralabate, USA

Cathy Lefrancois



John Natpliotis photo

Cathy Lefrancois may only tip the scales at 122 pounds. And at a height of only 5-2, she will never be the tallest competitor on stage, but what she may lack in stature, she more than makes up for in clean, fresh looks, and a stage presence that goes far beyond the mere flexing of muscles during a bodybuilding contest.

From Quebec, Cathy Lefrancois is one of the IFBB's newest pros and although she had never won a contest prior to her recent victory at the Canada Cup III in Mon-

by Steve Wennerstrom

tréal, the 24-year-old clothing executive has managed to bring a level of style to the bodybuilding stage that will set her apart for the remainder of her competitive career in the sport.

As the owner and operator of her own sportswear business, Lefrancois shows the unique ability to maintain a strong business acumen, in addition to pursuing her goals as a top-flight bodybuilder.

All this combines to showcase the ideal sportswoman of the 90's . . . and that's Cathy Lefrancois!

Sittin' Pretty!

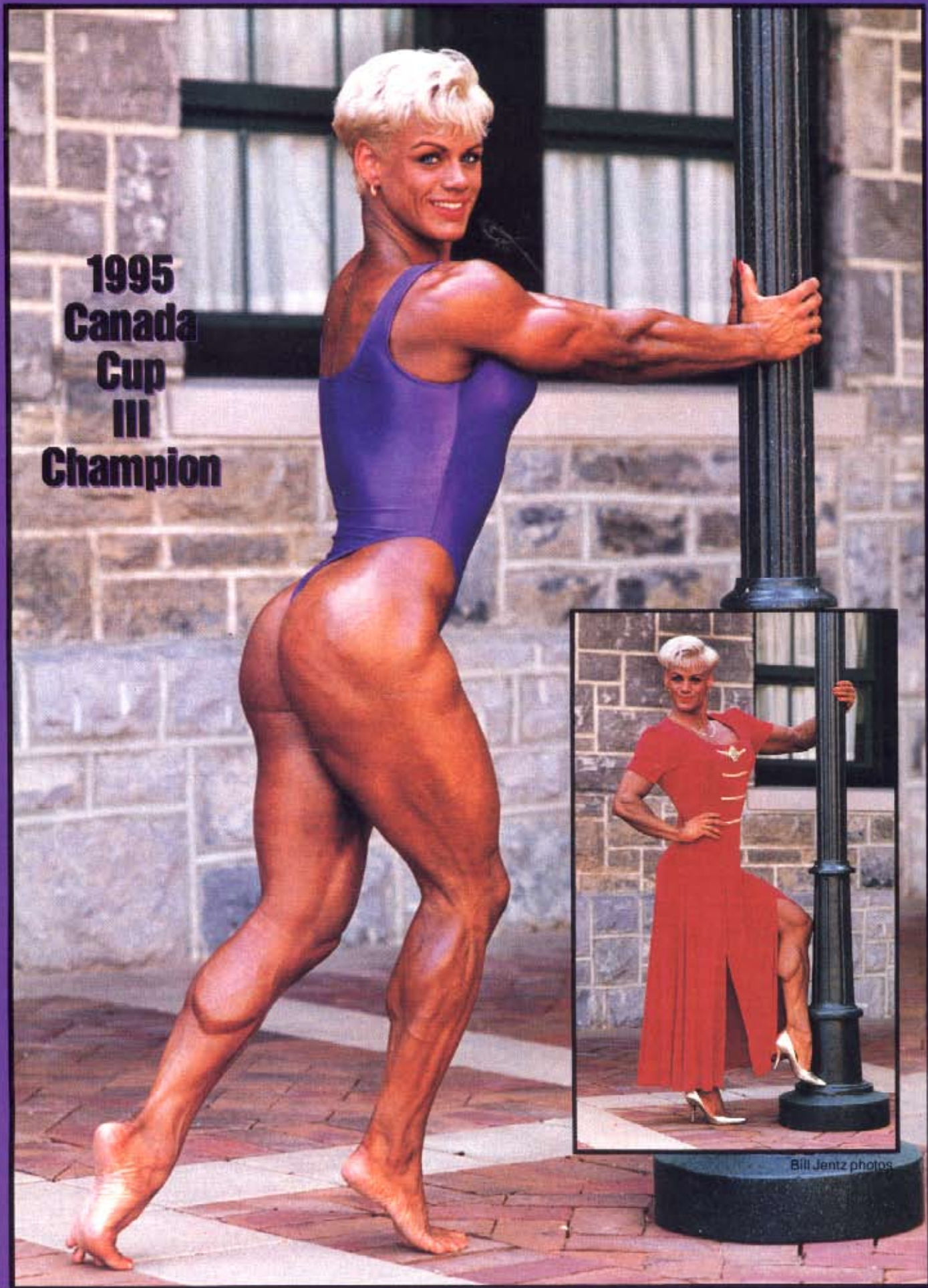


**Cathy
Lefrancois**

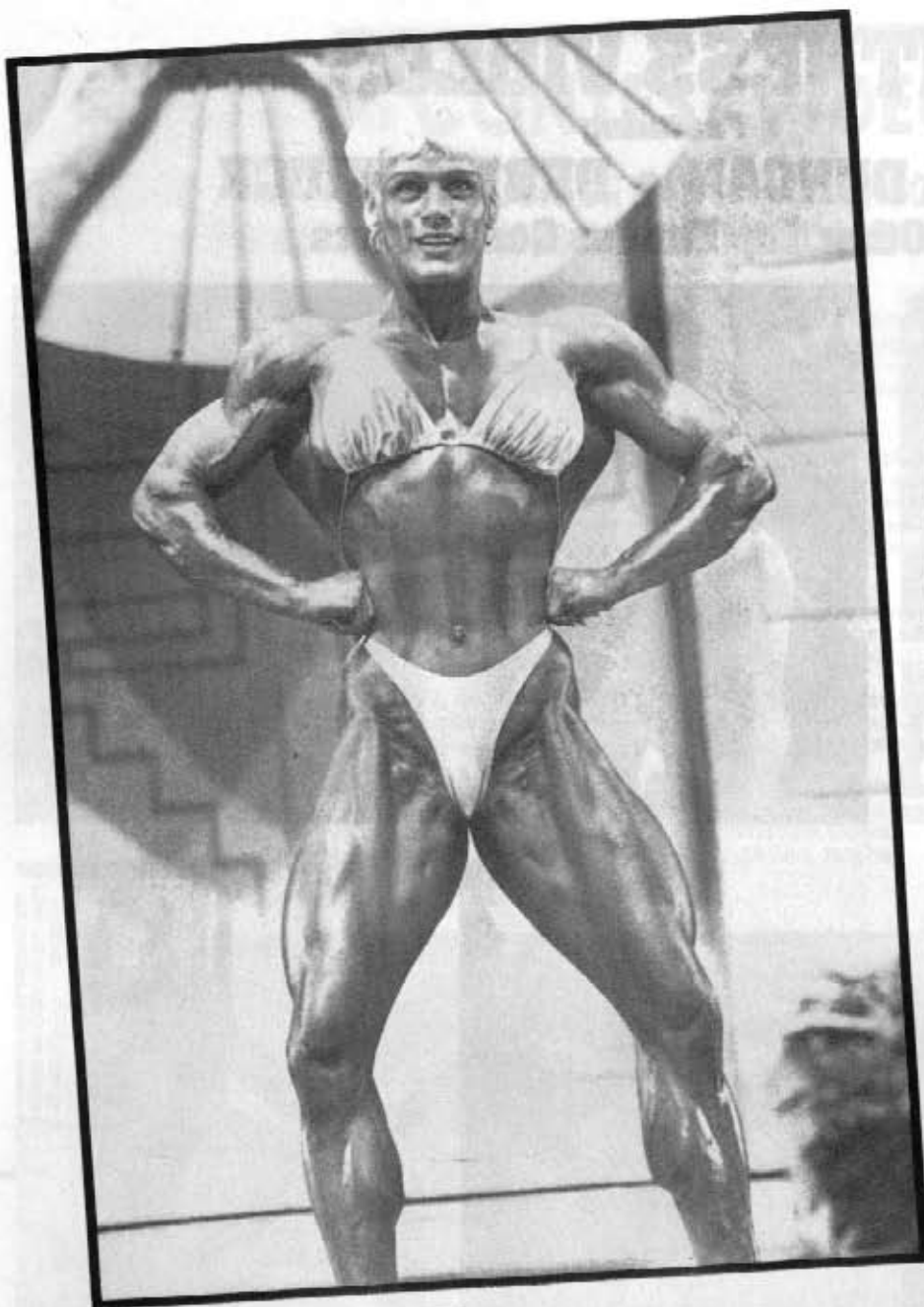


Garry Bartlett photos

**1995
Canada
Cup
III
Champion**



Bill Jentz photos



Cathy Lefrancois' Contest History

Quebec Metropolitan (LW) 2nd	1990
Ontario Province (LW) 2nd	1991
Eastern Canada (LW) 2nd	1992
Canadian Championships (LW) 2nd	1993
Canadian Championships (MW) 2nd	1994
Canada Cup III (MW) 1st	1995
IFBB Jan Tana Classic 12th	1995

Powerlifting

Ontario Bench Press '92 1st*
Canadian Bench Press '93 1st

Set Provincial record of 198 pounds at a bodyweight of 120

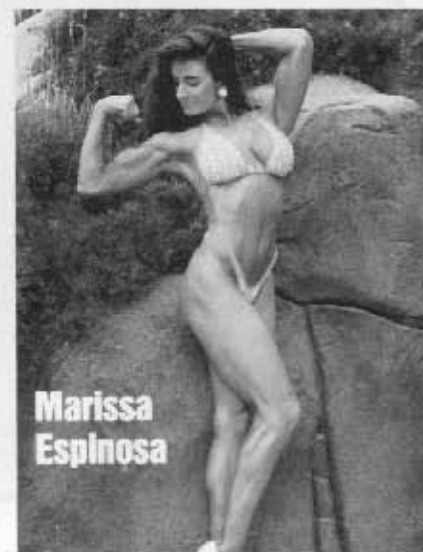
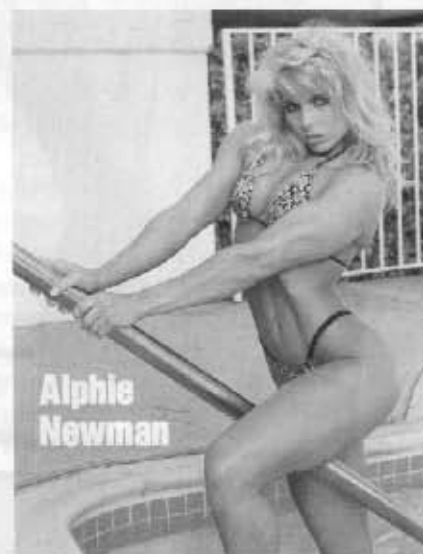


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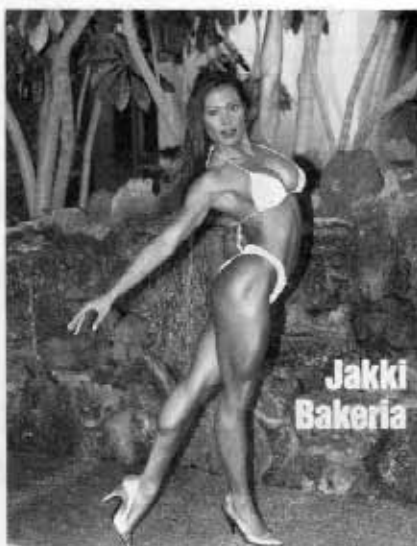




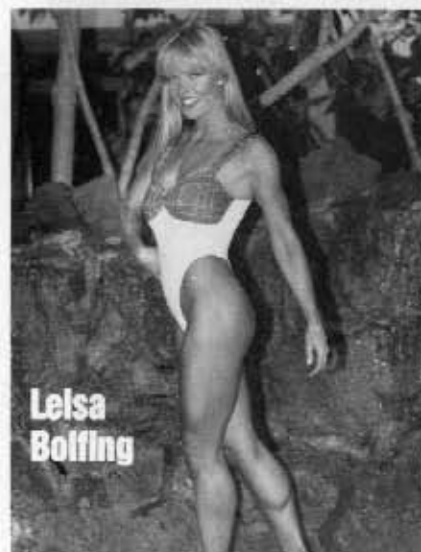
Jana Holmes



April Johnson



Jikki Bakeria



Lelsa Bolfling



Jacque Wang

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All packets of color photos are 4" x 6" enlargements. Sets labeled *all outfits* contain photos taken in swimsuits (bikinis, leotards) as well as various outfits (dresses, shorts, tights, halters, etc.) for great photo variety. All videos were taken with our 3/4" professional quality video equipment, edited and reduced to play on your home video system. Most of the videos consist primarily of posing in all the different outfits, and some contain gymwork and/or interviews. For domestic U.S., Japan and Canada customers, VHS system available only (NO BETA). For other foreign countries, customers will be sent the European PAL-VHS system, unless you otherwise notify us that you can play the U.S. system. For all foreign orders, please add \$7 per tape for AIR MAIL postage, and an additional \$10 per tape for the PAL conversion, if needed. A full illustrated catalog of our other videos will be sent with a video or photo set purchase.

Thank You

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Video 13: Alphia Newman/Laurie Donnelly (2 1/2 hours)	\$59
Video 15: Sherilyn Godreau/Cathy Burton (2 1/2 hours)	\$59
Video 16: Carla Gore/Marissa Espinosa/Patti Sanchez (2 1/4 hours)	\$59
Video 17: Jana Holmes Garry/April Johnson (2 1/4 hours)	\$59
Video 18: Jikki Bakeria/Lelsa Bolfling/Jacque Wang (2 1/4 hours)	\$59

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Photo Set 13: Gore/Espinosa/Sanchez (80 photos)	\$48
Photo Set 14: Holmes-Garry/Johnson (70 photos)	\$42
Photo Set 15: Bakeria/Bolfling/Wang (80 photos)	\$38

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Flash

Murray Repeats As Ms. O Ties Everson's Record

Lenda Murray captured her sixth consecutive Ms. Olympia title when she outpointed Kim Chizevsky and a field of 17 competitors on September 8th in Atlanta, Georgia.

- | | |
|-------------------------------------|------------------------------|
| 1 - Lenda Murray, USA | 6 - Debbie Muggli, USA |
| 2 - Kim Chizevsky, USA | 7 - Joanne Lee, England |
| 3 - Natalia Murnikoviene, Lithuania | 8 - Michele Ralabate, USA |
| 4 - Sue Price, USA | 9 - Eva Sukupova, Czech Rep. |
| 5 - Laura Creavalle, Guyana | 10 - Nancy Lewis, USA |



Ericca Kern Wins IFBB North American Title

Toronto, Canada, played host to the IFBB North American Championships on August 28th as American Ericca Kern topped a tough field of 23 contestants from Canada, Mexico, and USA.

Lightweight Winner - Lourdes Bermudez, Mexico
Middleweight Winner - Desiree Ellis, Canada
Heavyweight Winner - Ericca Kern, USA

For more coverage on these two major events
watch for the next issue of WPW.

Flash

Rhonda
Quaresma
MW



Karen
Smith
LW

Mamie
Fargo
HW

WPW will feature complete coverage of the colorful Canadian Championships in the March/April 1996 issue.

WPW
*Star
Gallery*



**Andrulla
Blanchette**

Jim Amentier photo

WPW

*Star
Gallery*



**Angie
Ashcraft**

Steve Wernerstrom photo

The 1994 WABBA WORLDS



story & photos by Peter Scarborough

Held last October 29-30 in Zweibrücken, Germany, the WABBA World Championships brought together a rather small field of only 23 women from 12 countries.

As always, this contest features both physique and figure categories for the women with an even dispersal of contestants entering each class.

Winning the short class physique was Belgium's sharply-defined Jacqueline DeGennaro. Her complement in the tall class was the Italian Irene Cavalloro who used a superior level of balanced muscle development and nice symmetry to top a field of four women.

In the short class figure Tatyana Kovalko led the largest class of the event to victory, with Spain's sparkling Emi Perez winning the tall class.

The 1995 edition of the WABBA World event will be staged in Marbella, Spain, where we'll hope the nicer weather of the region will draw a larger competitive field.



Mary-Rose
Sanchez
Spain

'94 WABBA WORLDS



**Irene
Cavalloro
Italy**



**Jacqueline DeGennaro
Belgium**

The 1994 WABBA World Championships Official Results

Short Class Physique

1 - Jacqueline DeGennaro, <i>Belgium</i>	9
2 - Guisi Lera, <i>Italy</i>	10
3 - Beatrice Pettene, <i>Italy</i>	11
4 - Maria Biba, <i>Greece</i>	21
5 - Renata Semprini, <i>Italy</i>	23

Tall Class Physique

1 - Irene Cavalloro, <i>Italy</i>	7
2 - Mary Rose Sanchez, <i>Spain</i>	8
3 - Anja Gerhards, <i>Germany</i>	15
4 - Christina Lavezzi, <i>Italy</i>	18

Short Class Fitness

1 - Tatyana Kovalko, <i>Belarus</i>	7
2 - Nina Sarella, <i>Italy</i>	15
3 - Sheila Ramnath, <i>Holland</i>	20
4 - Elisabeth Adano, <i>Italy</i>	20
5 - Marie-Paule Giraud, <i>France</i>	27
6 - G. Barbera, <i>Spain</i>	28
7 - Marcy Aylott, <i>Great Britain</i>	29
8 - Petra Schmitz, <i>Germany</i>	40

Tall Class Fitness

1 - Emi Perez, <i>Spain</i>	5
2 - Tonia Botta, <i>Belgium</i>	10
3 - Ivana Pistotnik, <i>Slovakia</i>	15
4 - Steffi Leyendiecker, <i>Germany</i>	20
5 - Ivana Sountsova, <i>Russia</i>	23



**Maria
Biba
Greece**



**Guisi
Lera
Italy**

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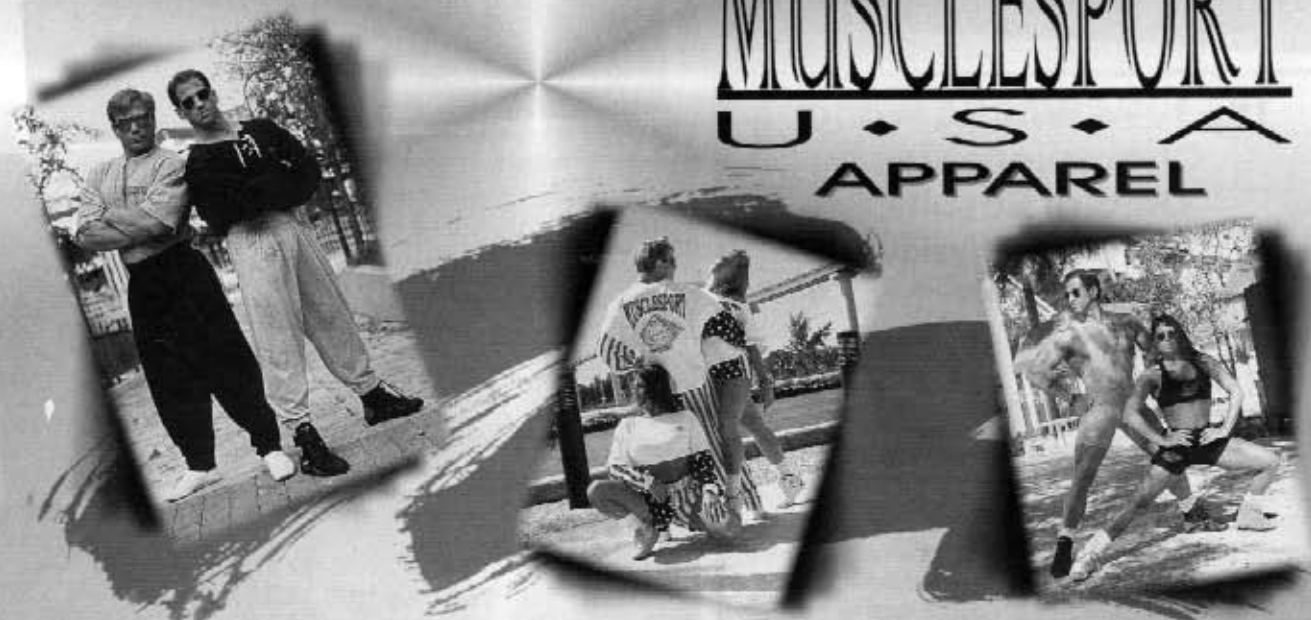
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What's the next best thing to being at a major NPC or IFBB women's bodybuilding contest? Being able to watch the ENTIRE contest in the comfort of your living room. The four new 1993 contest videos (featuring six shows), were all taped with professional video equipment, original sound is left intact and all competitors are identified by captions. And, you get the ENTIRE contest, not just bits and pieces you may see on a cable show (The Jan Tana and Junior Nationals were not aired anywhere in any form). So read the descriptions below for our new 1993 tapes, circle your choices on the order form, and get ready for an evening of dynamite women's bodybuilding action. See order form for contest tapes still available from previous years as well.

VIDEO 232—The 1993 and 1992 IFBB JAN TANA PRO CHAMPIONSHIPS: Yes, we have both years on this one 2-1/2 hour tape, featuring the finals only for the 1992 contest, and the full prejudging and finals for the 1993 show. Most of the best pro women in the world competed in one or both of these shows including Christa Bauch, Loretta Lomax, Gillian Serrette-Hodge, Nancy Lewis, Janet Marchi, Audrey Harris, Kim King, Anita Gandol, Yvonne Rosell, Sandra Blackie, Marie Mahabir, Maryellen Warman, Astrid Falconi, Arminde DelRiviero, Nikki Fuller, Janet Tech, Dorothy Herndon, Zuzana Korinkova, Tonya Knight, Gaby Szikszay-Spuhn, Skye Ryland, Laura Carolan, Laura Vukov, Kathy Unger, Eva Supakova, Drorit Kernes, Denise Rutkowski, Tazzie Colomb, Diana Gimmler, Vicki Sims and others. With an all-star line up like that, need we say more?

VIDEO 236—THE 1993 NPC JUNIOR NATIONALS: Always an interesting show, as it introduces to us many great new competitors who later go on to high profile careers in the sport. Among the 'name' women competing were D'Lynne Miller, Gina Mezzaroba-Hall, Dawn Whitham, Jeannie Riggles-Donohue and many other great new names. All of the prejudging and finals included (40 women do routines), and a massive and cut Sharon Arrildt-Marvel guest poses.

VIDEO 237—THE 1993 NPC U.S. CHAMPIONSHIPS: The 'second-best' amateur contest in the world, did not disappoint again this year, featuring over 50 top quality national competitors. All prejudging and finals are included (39 routines) and some of the more well known names competing were Jackie Ludy, Vicki Gates, Leilani Dalumpines, Tracy Gillespie, Michelle Ivers, Danielle LeRoy, Annie Rivieccio, Denise Rutkowski, Heather Tristany and Rhonda Jorgenson.

VIDEO 239—THE 1993 NPC WOMEN'S NATIONALS and THE 1993 IFBB NORTH AMERICAN CHAMPIONSHIPS: Yes, both top amateur shows on one tape, featuring the entire Nationals, and the finals only for the North Americans. For the North Americans, 15 women do their evening routines, and 30 different prejudging and finals routines are performed for the Nationals. Lots of 'big names' in these shows, including Cliffta Coulter, Sharon Canady, Michelle Ralabate, Sue Price, Yvonne Vasquez, Rozann Keyser, Etta Timmerman-Shields, Ann-Marie Crooks, Suzan Kaminga, Nicole Bass, Vickie Gates, Jodie Friedman, Pam Wascher, Rachel Mathias, Maro Bchakjian and many, many others.



DENISE RUTKOWSKI
USA/Jan Tana Champ



RHONDA JORGENSEN
3d—USA



SUE PRICE
National Champ



GINA HALL
Jr. National Champ

I enclose \$_____. Please send me the following NPC/IFBB women's contest tapes as circled below. Make checks/money orders out to WSP or Women's Physique World and send to Box 443J, Hohokus, NJ 07423. Allow 2-4 weeks for delivery, but money orders or cash (sent certified/registered only) get quicker response. All foreign overseas send \$7 for AIR MAIL, and \$10 for PAL conversion, if needed.

ALL NEW 1993 CONTEST TAPES:

Video 232 Jan Tana Contests (2-1/2 hours)	\$65	Video 237 U.S. Championships (2-1/2 hours)	\$65
Video 236 Junior Nationals (2-1/2 hours)	\$65	Video 239 Nationals/North American (2-3/4 hours)	\$65

CONTEST VIDEO TAPES FROM PREVIOUS YEARS ALSO AVAILABLE:

Video 193 1991 U.S. Championships (4 hours)	\$60	Video 214 1992 U.S. Championships/Junior Nationals (2-3/4 hours)	\$60
Video 194 1991 Junior Nationals (2-1/2 hours)	\$60	Video 217 Women's Nationals (2-3/4 hours)	\$60
Video 199 1991 Nationals (2-3/4 hours)	\$60		

IMPORTANT! PLEASE CIRCLE TAPE FORMAT NEEDED:

American NTSC System: VHS (Beta not available) • European PAL System, VHS only (remember to add \$10 for conversion).

Name _____ Address _____

City/State/Zip _____



Slovakian IFBB pro Zuzana Korinkova is the featured coverwoman on the May, 1995 issue of *Kulturistika* which is produced in her home country. Korinkova recently finished seventh at the Jan Tana Classic and is one of eastern Europe's finest bodybuilders.

At right, illustrator Craig Simpson has gone the extra mile with his depiction of the ultimate female physiquewoman who possesses some bodyparts that go far beyond ones which flex for a bodybuilding trophy. A hint . . . those are walnuts at her feet!



female Muscle FAX

by WPW Staff

With all the biggest and most prestigious contests taking place during the middle of the year we felt a need to point out trends that will surely become more evident as time goes by.

Obviously, Lithuanian superstar **Natalia Murnikoviene** needs little in the way of introduction by now, and when she makes her way to the Olympia stage in September she will startle many with her muscular elegance.

But there is much more going on in the former Soviet states who now claim their independence from the old regime. A quick look at the results of the '95 European Championships show top five placers in the three weight classes from Ukraine, Estonia, Moldavia, and Russia. An educated guess would be that this is only the beginning of a major upswing in the popularity of bodybuilding in this part of the world. We'll keep you posted on this interesting development . . .

Recent quotes by **Linda Hamilton** in TV Guide and USA Today point to her backing away from the 'Body of the 90's' title she earned with her conditioning for the role of Sarah Connor in the Terminator 2 movie. Says Hamilton, "I would happily throw that bone to somebody else. I want to be the being of the 90's—mind and body. I don't want everybody looking at my muscles every time I work and saying, 'Is she still buffed?' It's absurd!"

She claims she hates the media attention on her body.

"It got so much attention in T2," she says. "But it's such a small part of what we do as actors. We change everything."

Funny she would complain about folks paying attention to her muscles now. Her muscles were the very reason she got all that attention that made her all that money in the first place. And another thing . . . maybe Ms. Hamilton found out its difficult to stay in top physical condition all the time!

That must be why we call them actors . . .



Can You Dig Holly's Arms?

The October 1995 issue of *Volleyball* magazine shows pro beach volleyball star **Holly McPeak** ready for one of her patented digs. In addition to her successes as a beach player, McPeak also possesses one of the sport's best physiques.

Vicki Lestenko In Auto Mishap

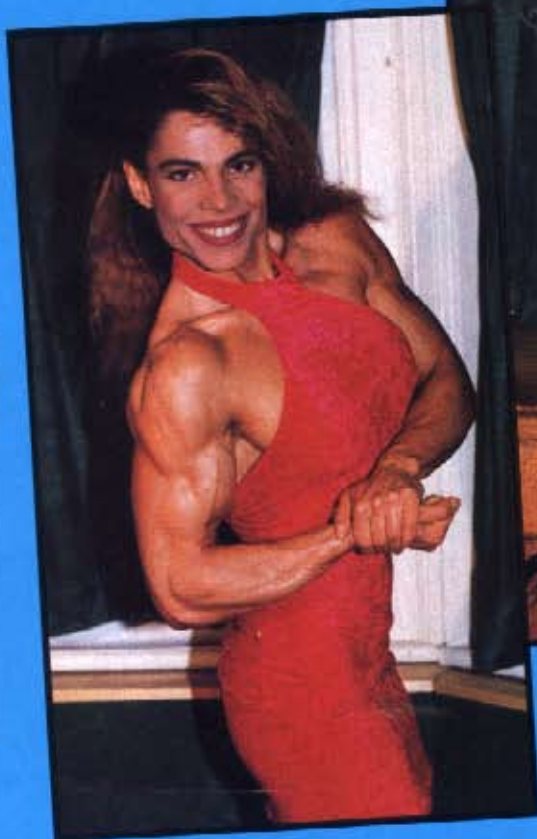
Greek competitor Vicki Lestenko—who won the NPC Los Angeles title earlier in the year—sustained multiple injuries when a drunken tourist broadsided her car in Athens. Lestenko broke her left arm, fractured three ribs and bruised the entire left side of her body. She was hospitalized for three days but is expected to recover fully.

Competitively, Lestenko still vows to compete in the USA sometime in 1996—possibly at the NPC USA. We wish her a speedy recovery.



Paula's A Mom!

True to her word, British physique star Paula Bircumshaw gave birth to a son—Connor—on May 11th. The baby was six-pounds, 15 ounces and, we understand, had already begun a major squat program prior to birth!



female Muscle FAX

Joanne Lee is Largest Olympian

England's Joanne Lee will make her first appearance at the Ms. Olympia in Atlanta this year, and when she does she will become the largest woman—in terms of weight—to ever compete at the prestigious event. Lee tells us she will take the stage at 175 pounds and in excellent contest shape.

Previous to Lee, Dorothy Herndon had been the Ms O's largest competitor at 168 pounds.

Surprisingly, Lee is only the fifth British bodybuilder to compete at the Ms. O joining Carolyn Cheshire, Loretta Lomax, Kimberly Jones and Paula Bircumshaw.

We will feature photos of Joanne in contest shape in a future issue and through the WPW video company.





Melissa Mok on Muscle



Canadian beauty Melissa Mok is one fitness competitor with little fear of building her body to its physical best.

Currently the 5-2, 120-pound fitness model and competitor is preparing for her next fitness contest, having finished fourth at the 1995 Ms. Fitness Canada.

Mok is a former bodybuilder winning the 1994 South Central Ontario, and finishing second at the Ottawa Championships among others.

Also an aspiring actress, Mok has appeared in films and commercials and had a part in the series *Wiseguy*.



Michael Hackenbruch photo

Monica Brant Wins First Jan Tana Fitness Event

Held in conjunction with the annual Jan Tana Classic in Roanoke, Virginia, the first Jan Tana Fitness Challenge was won by Texan **Monica Brant**. In winning the contest, Brant walked off with a \$10,000 BMW Motorcycle as a first-place prize.

female Muscle FAX

Ms. Olympia Facts

When this year's Ms. Olympia takes place in Atlanta, it will mark the 16th year the event has been staged. During that time, 155 different women have taken part in the contest.

Diana Dennis competed in nine Ms. O's to lead that group, while Marjo Selin competed in eight consecutively.

The tallest Olympian was Dorothy Herndon at 5-10. The shortest is Michele Ralabate at 4-11½. The oldest was Christa Bauch at 47, while 17-year-old Lorie Johnston was the youngest when she competed in 1980.

Do those facts make you curious for more? Watch our Ms. O coverage in the next issue.

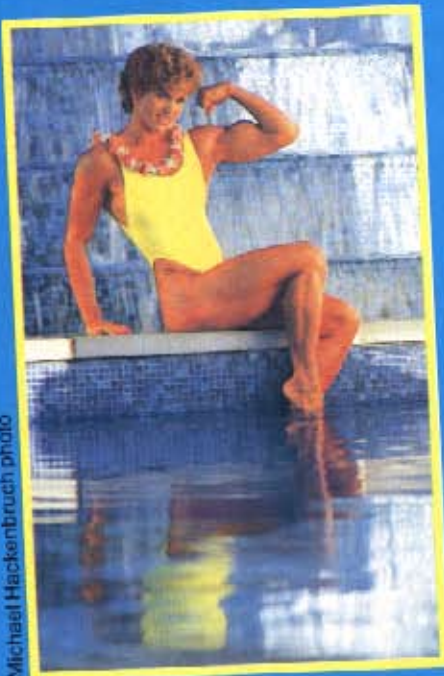


More German Muscle

The NABBA German Championships always produces several outstanding competitors with high levels of muscularity.

The 1995 edition of the event found 5'1¾, 121-pound impressive **Sylvia Frey** winning the overall title.

We hope to see more of this 29-year-old hairstylist in future events.



A Touch of Finland in the Tropics

Former IFBB pro Marjo Selin reminds us that she will be promoting her second annual Maui Muscle Classic on May 4, 1996. Her first contest—by all accounts very successful—welcomed 62 competitors of which 24 were women. The contest got major newspaper coverage on the island. Don't miss this one in '96!

Just Asking . . .

We see that the IFBB has installed another weight class for men at the international level bringing the total number of weight categories for men to six. The new class will be called welterweight.

The women, however, still have only three divisions. Might it not be a good time to bring up the idea of a fourth weight class for the females? And no, we wouldn't call them cruiserweights!



Finnish Tease!

Our Finnish correspondent K.P. Ourama sent us this photo of Finland's 1995 European heavyweight runnerup and asked if we would be interested in seeing more. We know her name is Anne Oksanen and the orders have been sent for more on this competitor by anything quicker than Scandinavian reindeer delivery. Do we want to see more, indeed!

female
Muscle
FAX



Michele in Marietta

Michele Ralabate made a quick swing through the tiny Pennsylvania town of Marietta recently and stopped at the Marietta Fitness Center for a workout. She was greeted by gym owner Sam Wiggins and local bodybuilder Mel Leese. That's Michele's fiance Brian Abendola on the far left.

MORE...

female Muscle FAX

IFBB Europeans Hosted in Istanbul, Turkey . .

To bad we weren't able to make the annual IFBB Euros in Istanbul, we were itching to title the coverage 'Muscle on the Orient Express'. But it wasn't to be. We did, however, get the results:

Hardin Up Christina!



From Augusta, Georgia, Christina Hardin is a fitness competitor headed for the bodybuilding stage. At 5-8, the 24-year-old owner of Powerhouse Fitness and Aerobics is looking to bring her diamond-shaped calves to a contest sometime in 1996.



1995 IFBB Europeans June 17-18 Istanbul, Turkey

Lightweight

- 1 - Tulay Ozbek, Turkey
- 2 - Irina Petrenko, Ukraine
- 3 - Angela Cillione, Italy
- 4 - Esther Sidfox, Spain
- 5 - Yvette Kuppel, France

Middleweight

- 1 - Inna Uit, Estonia
- 2 - Elena Kurakova, Moldavia
- 3 - Guzel Akgul, Holland
- 4 - Ralse Mezchine, Russia
- 5 - Helena Davidova, Russia

Heavyweight

- 1 - Zdenka Tvrda, Czech Rep.
- 2 - Anne Oksanen, Finland
- 3 - Tatyana Fonenko, Ukraine
- 4 - Erika Taksonyi, Hungary
- 5 - Minna Ryyanen, Finland

Fitness Follies

Fitness star Cathy Burton has finished as high as third in the Ms. Fitness World contest. But last year the organization in which she competes judged her to be "too muscular". Burton failed to place in the top ten at the Ms. Fitness USA as a result.

Now the kicker . . . Administrators at the Mrs. America Pageant approached Burton to enter their contest. Doubtful at first, Burton asked if she might be considered too muscular. The reply was swift and enthusiastic. "Of course not," came the answer. "We think you look great. You have a beautiful body. We're very anxious to have you in our contest."

Apparently some folks who head up these fitness organizations have lost sight as to just what a fitness contest is.

We wish Cathy Burton the best of luck at the Mrs. America Pageant.



Michael Hackenbruch photos





Kike Elomaa Sings Her Way To Stardom in Finland

When 1981 Ms. Olympia Kike Elomaa left bodybuilding in 1983, she embarked on a singing career in her home country.

Apparently she has done very well for herself as witnessed by her cover feature story in the July 21, 1995 issue of the Finnish magazine *Seura*. The mainstream publication covers all facets of life in Finland.



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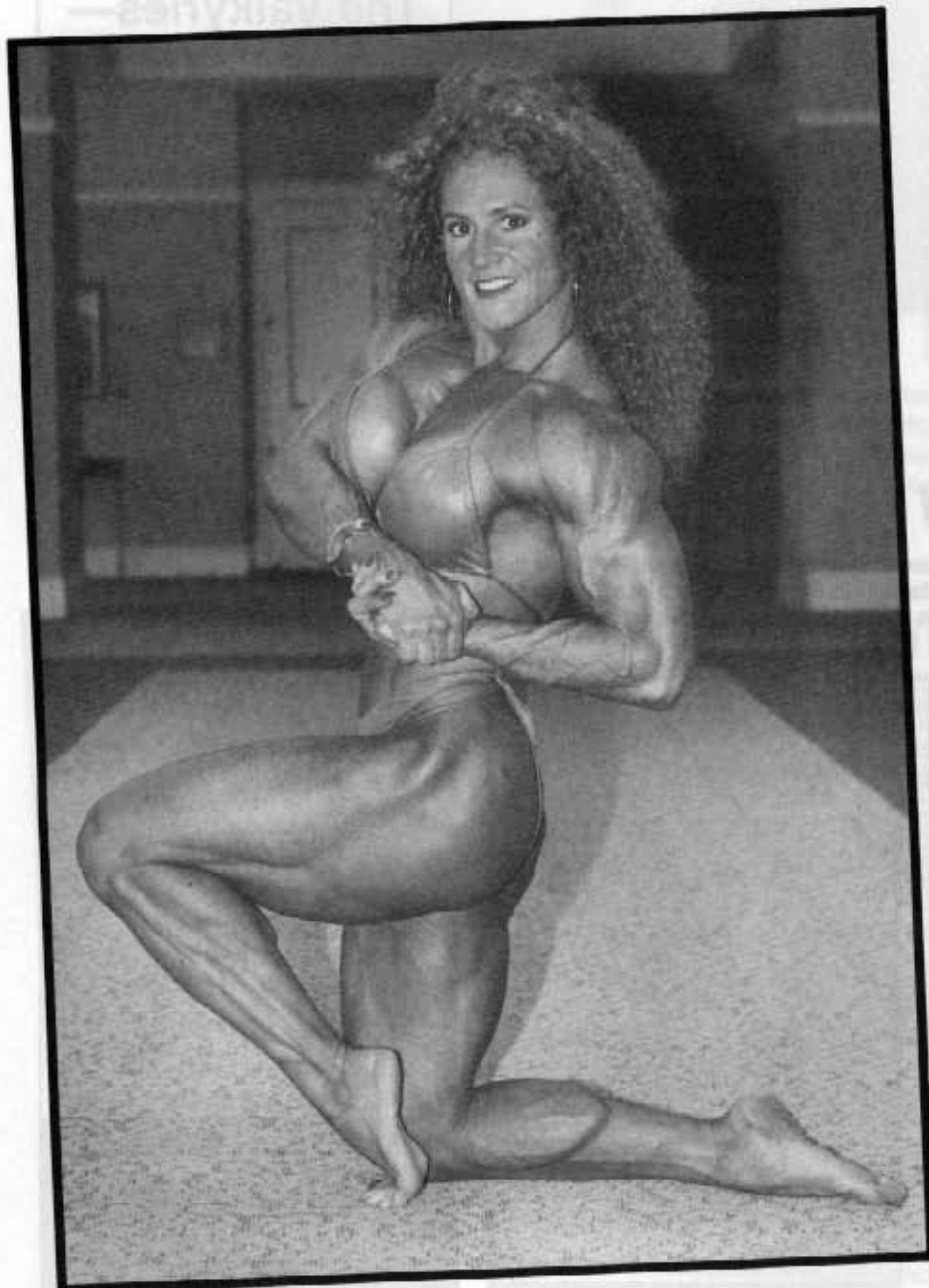
The French photography magazine *Chasseur d'Images* ran an interesting article in their August/September 1995 issue called 'Le Nu Masculin Vu Par Une Femme' which discussed the beauty of the female form when it is developed in a muscular way. One of the accompanying photos is entitled 'Androgynie'.



The 1994 Canadian Champion

Kat Sartor

by Mike Bogen



Take one part Dudley Dooright, add one part Flo-Jo, blend in pinches of Olga Korbut and Pele, mix in just the tiniest bit of Rebecca Lobo, spice with some Sam Malone, shake well and cover with a layer of muscle.

Congratulations, you have just served up a portion of Kat Sartor—and, boy, is she some kind of dish.

Sartor is bodybuilding's answer to the Renaissance woman. The 1994 Canadian heavyweight and overall champion has been a competitive athlete in five sports, including bodybuilding, an award-winning bartender and a member of one of the most notable law-enforcement agencies this side of the LAPD, the Royal Canadian Mounted Police.

Right now, Sartor has just completed her IFBB pro debut with a 16th place finish at the Jan Tana Classic.

But, about the only realistic place to start with someone whose background is as extensive and varied as the 5-5, 155-pound Sartor, is at the beginning, which in her case is the cinder tracks of Toronto.

Sartor started as a track athlete at age nine, and competed in that sport all the way through high school, shortening the distances of her races and improving her results as she got older.

"I started running distances, but by the time I got to high school, I was doing the 50 and 100 and was the starter on the 4 x 100 hurdle relay team," she says. "By the time I was finished with school, I was the fastest kid in my high school and I broke some provincial high school records."

Sartor complemented track with a couple of years of basketball and gymnastics in 10th and 11th grade ("I was an above average gymnast in that I did make the team in a huge high school, and only an average basketball player"). She also had a habit of taking her dog for a run, with the goal of outrunning him ("I did, too, I've been fast all my life").

After high school, Sartor turned her athletic interest to the fairly new sport of

women's soccer, which became her passion for the next half-dozen years.

"It was 1975, and I was enticed to try soccer by the promise of a trip to Virginia," she recalls. "Girls soccer was just starting and there were six or seven teams in an open girls league and they were pretty hardcore and competitive. At first, I was just there on my speed alone, but I learned the skills from scratch and eventually became the team's captain."

If all Sartor's activities had one thing in common, it was the emphasis on her legs, which, even in high school, had become a sight to behold.

"In high school, I was about 105 pounds, with no upper body mass, but still very lean and by comparison to other girls, very muscular, especially my legs. I didn't admit it then, but I really liked it and wanted to build more muscle," she says. "I tried weights briefly, to try to strengthen my up-

I really wanted to excel at it, but I was also sort of a brat. If I couldn't be good real fast, I didn't want to put the work in."

The next time Sartor looked to the weight room was in 1982, as her soccer days were winding down.

"I wanted to stay in shape," she says. "I was bartending then and soccer was too time-intensive and demanding. I wanted something I could do on my own schedule, by myself, to fit into my lifestyle."

So, Sartor joined a gym—the chrome dumbbell variety—to do aerobics and a little weight training.

"It wasn't even coed," she says. "There were men's days and women's days."

Again, my object was to build my upper body, because my legs were still so dominant. I remember that my biceps and triceps were small for an athlete and knowing that if my body was suited for growing muscle on my legs, then it had to be the same for my arms."

"They have bartending contests almost every year," says Sartor, who spent 10 years, from 1979-1989, in mixology. "There's an oral exam, a written exam and a practical—you know, mixing a drink drawn from a hat, being judged on your style behind the bar, etc."

Sartor, who was the first female bartender ever employed by Toronto's Four Seasons Hotel and eventually went on to become the head bartender there, won several of those competitions, including the Canadian Bartending Championship, and represented her country twice in the World Bartending Championship, once finishing as high as ninth.

She also won a contest for inventing a drink, the "Spitfire" (3/4 oz. vodka, 3/4 oz. blackberry brandy and 2 oz. lemon bar mix, garnished with a raspberry).

Still, bartending competition doesn't take much muscle, and Sartor was slowly



Steve Wennerstrom photos

per body for the uneven bars, because I had these monster legs and scrawny arms. I remember, it was a dark, dingy universal room and I really only dabbled in it for a year."

Sartor's big improvement in upper body strength came in the summer after her junior year, when her gymnastics coach sent her to a camp, specifically to build some strength.

"I had Russian coaches there and everything," she says. "And it really did help. But the change was only strength, it wasn't really visible, I got a lot stronger on bars, or on holding a handstand on beam."

Despite her strength improvement and consequent improvement in gymnastics, Sartor dropped out of the sport. She wasn't happy with her own performance.

"The coaches had conditioned me to think I was too old at 17," she says. "They asked me why I hadn't started younger, etc.

This former Royal Canadian Mounted Police Officer—turned Canadian Bartending champion—turned Canadian Bodybuilding champion is one of the most colorful women in the sport of physique.

Sartor spent the next few years on that physical course, but replaced the athletic competition in which she'd been involved with competition of another kind. And again, she stood out.

building enough muscle so that people at her gym started suggesting she compete.

"Sometime in the early '80s, someone showed me a picture of a female bodybuilder in competition shape, something I'd never seen before," she says. I was impressed, but felt I couldn't do it myself. It wasn't until 1985 that I started to think I could. Coincidentally, a Gold's Gym opened in Toronto at that time, which was also when I really had outgrown the chrome-dumbbell place I was in. After I joined the Gold's, the staff there encouraged me, but I was still saying 'no, no,' until I finally decided to go see a show, the 1986 Eastern Canada.

"I was smitten. I remember thinking, 'God, they're so muscular.' I left loving it, but unsure about my becoming that way. Of course that was almost the top level in Canada, but I didn't realize that. They were just so much more muscular than me. But,

I loved looking at it and secretly desired to be that way. That's when my desire for size really set in. That first show really stole my heart."

It was another year of training before Sartor realized that she could indeed compete on a level lower than that which she had witnessed, that what she had seen was top of the line, not the bottom. So, she prepared herself for the 1987 Toronto Championships and finished second in the lightweight class.

The following year, she won the middleweight and overall championships at the Central Ontario and in 1989, took second among the middleweights at the Ontario, before taking 1990 off to put on more size and 1991 off as she started a new career—the Royal Canadian Mounted Police.

"I had been trying to get on for a couple of years," Sartor says. "I wanted to get out of bartending and into more of a career-oriented thing. I felt I had the athleticism and people skills to do the job."

During her training with the RCMP, Sartor used all the muscle she'd spent her life building to her advantage. She broke several recruit records, including benchpress, dead lift, and curling marks, as well as chin-ups, push-ups and sit-ups in a one-minute span. She also took first place among all women in the 1991 Police Games in shot put, 100 and 400-meter sprints, biathlon, marksmanship and ground fighting.

"Having muscles certainly didn't hurt during that time," she says. "I think my muscle helped me gain the respect of the men I worked with, eventually, but it wasn't always easy. Going through recruit training, I was more muscular than the guys and I could pretty much out-perform them at any of the physical tasks. There was an underlying tension there, until I made Troop Commander and I think it started to change then."

"Actually, I got a hell of a kick out of being stronger and better built than the guys and



eventually, they weren't nearly as prejudiced as the women. It seemed that as the guys accepted me, the women became less supportive."

What also helped was that Sartor's physical performance enhanced the troop scores and helped motivate the men, who came to look on their troop as a team.

But, despite her success, Sartor grew bored with the job fairly quickly.

"First, forget about Dudley Dooright," she jokes. "The Canadian police haven't been mounted since we got cars. Seriously, I was a constable, like any other, and being a constable is pretty mundane and routine work. It wasn't as challenging as I had hoped for. And, I was only able to train a couple of times a week. That didn't work for someone who still considered herself a bodybuilder."

In all, Sartor spent 18 months with the RCMP, and was named 'Trooper of the Year' during that time, before deciding that the lure of muscle was just greater than the

routine of the job.

"I can't say I quit for bodybuilding, though," she says. "I just didn't like the lifestyle. You live, eat and breathe police work. It's a club and I wanted out of the club."

Sartor became a personal trainer after she left the RCMP and immediately competed four times in 1992. She was second in the Canadian Championships, ninth in the IFBB North American (her only time competing in the U.S.), and won the Western Canada and British Columbia heavyweight and overall championships before taking a year off in 1992 to attend to personal business before finally winning the overall in the Canadian Championship last year.

Now, after getting her pro card, Sartor will chase still another goal, attempt to add still another ingredient to that "Renaissance Woman Cocktail"—a professional victory.

Now that's a topper that would make any drink even more tasty.



During her recruit training for the Royal Canadian Mounted Police, Sartor said of her experience, "Actually, I got a hell of a kick out of being stronger and better built than the guys and eventually, they weren't nearly as prejudiced as the women. It seemed that as the guys accepted me, the women became less supportive."

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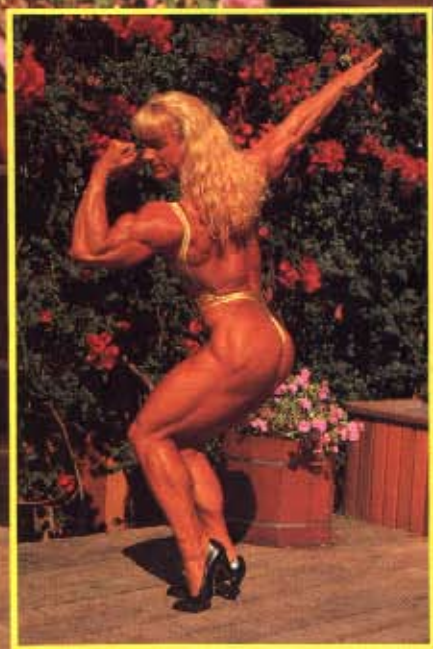
CARMEN BRADY

Having begun her competitive career in 1981 by placing third at the Western America, Carmen Brady has become one of bodybuilding's pioneering competitors.

Over the past 14 years, Brady has competed regularly and is the only woman to have won the overall title at both the Jr. USA and Jr. Nationals.

Most recently, Brady placed seventh in the heavyweight class at the NPC—USA in Denver.

And as if all that wasn't enough, Brady just celebrated her 40th birthday by bench pressing 300 pounds at Gold's Gym in Venice . . . in front of several witnesses!



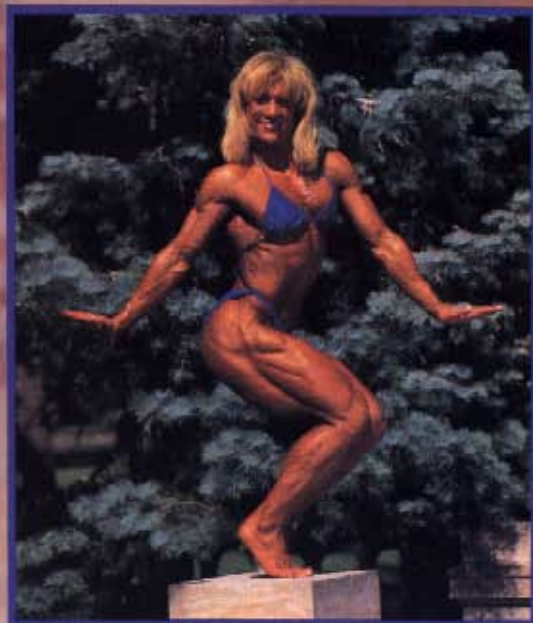
CHARLIE'S *Angels*

**CHRIS
BONGIOVANNI**

Although Minnesota's Chris Bongiovanni has been compelling since 1989, it has only been the last few years that the former NPC Minnesota state champion has become one of America's most prominent amateur competitors.

In winning this year's heavy-weight USA title, Bongiovanni became the first woman ever to win two different weight classes at the prestigious event. Last year, she won the middleweight class when the contest was held in New Orleans.

A mother of one, Bongiovanni has a college degree in Communications and is an accomplished powerlifter when not competing in bodybuilding.



The 1993 Canadian Middleweight Champion

Linda Battaglia

Making her IFBB pro debut at the recent Jan Tana Classic, Canadian Linda Battaglia continued a proud Canadian tradition of the impressively muscled who have entered the pro ranks before her. Now it's Battaglia's turn to flex her muscular stuff!

By Mike Bogen

Linda Battaglia was like a runaway freight train—or maybe that bus in "Speed." And in her wake, The Battaglia Express left a trail of bodies, all muscular, all good, but not quite as good as her own.

That's how Battaglia, a 30-year-old Canadian, arrived at the 1995 Jan Tana Pro show, where she met, for the first time, the American Flyers.

"It was an excellent experience," says Battaglia, who was born in Richmond Hill, Ontario, raised on a farm in Orilla, about 90 minutes north of Toronto and now lives in another Toronto suburb, Woodbridge. "There were 26 girls there, all in great shape."

With killer calves, deeply separated quads and biceps that have perfect shape, Linda Battaglia is looking at ways to improve her overall structure in an effort to bring her physique to a more competitive level as a pro.

Battaglia, who competed in the Jan Tana at 5-3½, 130 pounds finished 13th in that field of 26, and was not the least bit disappointed in the results.

"I was happy with how I looked," she says. "Maybe I was a little flatter than I would have liked, maybe I could have been a little more carbed up, but in general, I was happy . . . not only with how I looked, but also with the stage part and how I prepared.

"I've noticed that mostly American women win the pro shows, which are mostly in the United States," she says. "But right now, bodybuilding is better for women in



Jim Amentler photo



the U.S. than it is for use in Canada. They get a lot more recognition and they have a lot of great competitors. They look absolutely great and that's why they've been winning so far."

For Battaglia, the Jan Tana Pro was more than just a first professional experience, it was also a learning experience and an encouraging one at that.

"To win at this level, I've got to work on my symmetry," she says. "I need to widen my lats and work on the caps of my delts to improve my symmetry. I need to be wider to get more of a "v" shape. "But, I was really encouraged by Michelle Kalabate's winning the Jan Tana, as I was when Sue Price won it the year before. Both of them are short, which means that my height shouldn't be much of a handicap."

Before Battaglia ran into those American Flyers at the Jan Tana, she had taken the fast track through Canada's unique "tier" system en route to getting her pro card. Indeed, this was no milk run. Never needing a second



chance at any level, the Battaglia Express cruised from station to station without stopping.

The point of origin was the 1989 Level 1 show in Markham, Ont., when she finished second among the lightweights, and won 'Best Poser', in her first contest.

Battaglia advanced two levels in 1990, winning the lightweight crown at the Level 2 Sudbury and annexing that same divisional title at the Level 3 Ontario.

In 1991, Battaglia won the lightweight and

one of them will be the Canada Cup, if it's held in 1996. That's been Canada's only pro show for women so far. I believe you learn from each competition, and the discipline of the months before a contest is a good feeling in itself."

Battaglia was a two-sport athlete in high school, competing in track and field from grammar school all the way through her secondary years, and playing four years of varsity volleyball. She was a sprinter on the track team specializing in the 100 and



overall championships at the Level 4 Eastern Canada, and after taking 1992 off to put on some size, she came back in 1993 to win the middleweight crown as the Level 5 Canadian Championships.

That one gave Battaglia her pro card, after recording a total of four divisional titles and one overall championship in a five-contest career.

"I hope to do two shows a year as a professional," says Battaglia. "And I'm hoping that

400-meter races. She was also a cheerleader for a couple of years, "until the football team died."

One year of college, studying fashion merchandising at Georgian College in Barre, Ont., convinced Battaglia of one thing—that college was not her cup of pekoe.

"That's when I found weights, at the end of that one year of college," she says. "At first, I was just running at home and doing



She's asleep at 8-8.30 p.m. and up and ready to start her day at 3 a.m. She arrives at the gym at 4:30 and does her own workout until she opens the doors at 6.

If that sounds like a tough schedule, it is. But, it's one that suits Linda Battaglia just fine.

And, we already know that one thing is for certain, the Battaglia Express runs on schedule.

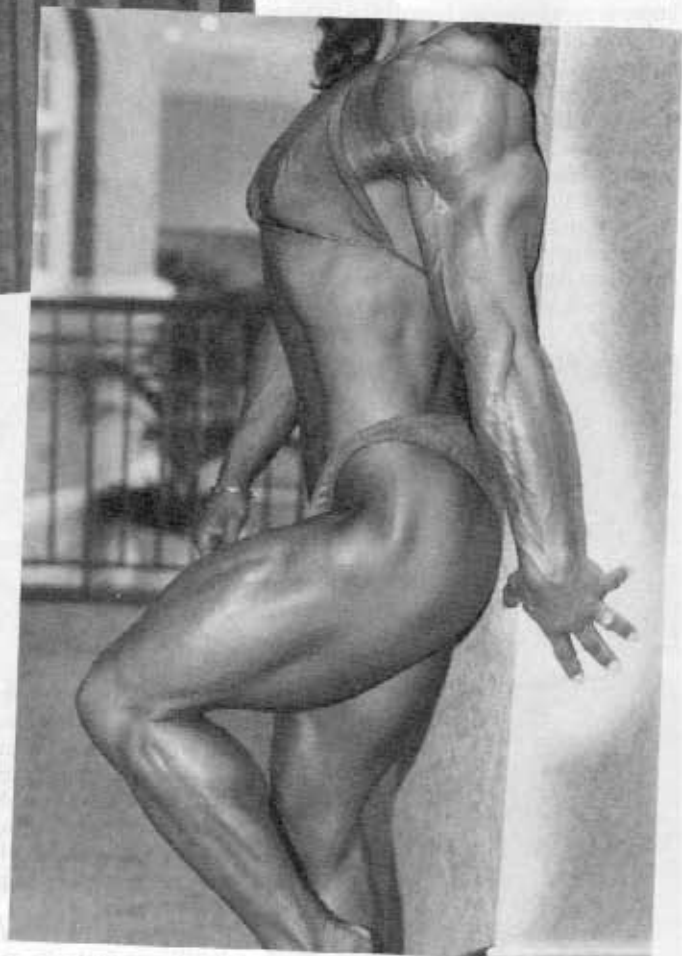
aerobics at a gym. I did that for about two years, including the year of college. But when I stopped school, a friend got me into weights. I had already been teaching aerobics while working at gyms."

Battaglia was 22 when she started lifting, but it wasn't until the following year that Steve Paul, now her fiancée, "got me training right".

"I liked the Rachel McLish look at the time, but as I got more and more into training, it became part of my life, and after two years, I decided to compete."

Indeed, Battaglia has pretty much built her life out of iron. "I've spent most of my adult life working in gyms," she says. "I do personal training and run the World Gym in Woodbridge from opening until noon."

That makes Battaglia one of the world's great early-to-bed, early-to-rise people.



Strong & Shapely Gym and Railroad Cafe

Bob and Debbie Bonham operate one of the largest gyms on the east coast. Who knows, if you join, you may get to pump iron alongside national bodybuilding stars such as Andrea Hurwitz (left) and Laura Vukov, shown here with Bob. The gym, also the home of Sharon Marvel, is located at 150 Union Avenue, East Rutherford, N.J., near the intersection of Routes 17 and 3 in northern New Jersey. The gym sponsors several contests each year, including the Women's Extravaganza—for information you can call them at 201-896-1360.

After your workout, the WPW staff recommends walking across the parking lot to the Railroad Cafe, where owner Jeff DeLuca (shown with Zuzana Korinkova) offers a tasty, extensive menu, always featuring dishes sensitive to bodybuilders.



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MUZZLE GIRLZ



Brenda Shiplett first competed way back in 1981 and recently returned to competition placing third in the LW class at the NPC Santa Clara. At 5-4, 108 pounds, the 34-year-old marketing and personal trainer is an ex-gymnast and jazz dancer.



Betty Sperry was a Raiderette cheerleader from 1979 to '82, but now the 37-year-old office manager enjoys competing in bodybuilding events with her husband. Standing 5-6 and weighing 121 pounds, Sperry won the MW class at the '95 NPC Santa Clara.

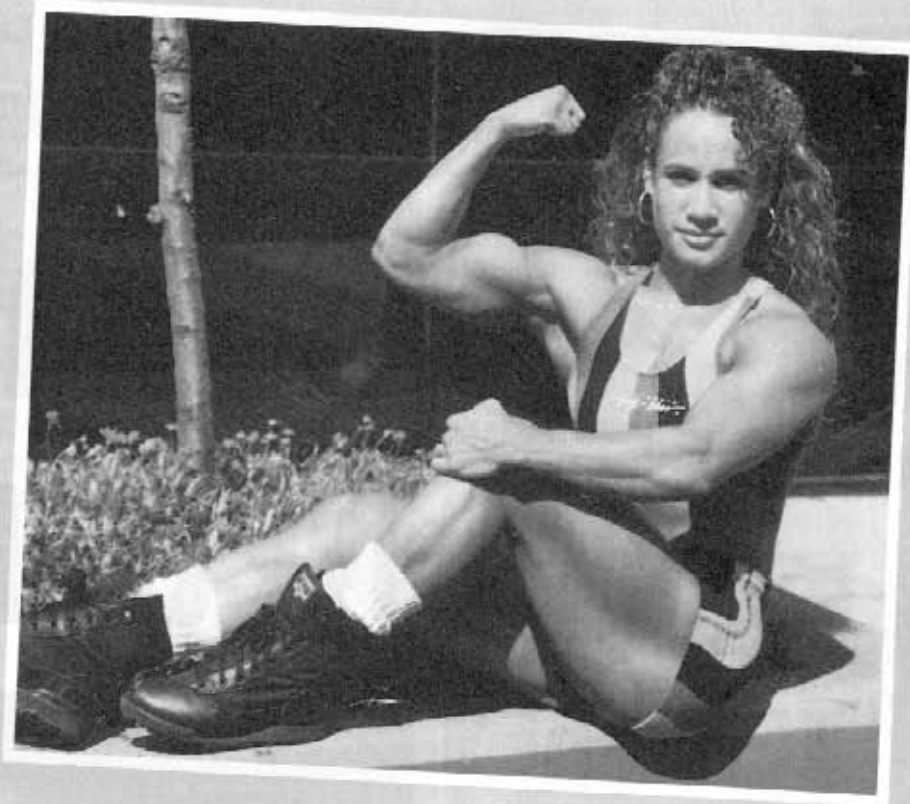


Sherri English was the overall winner at the '95 NPC Bay Area and Seaside contests and most recently placed second at the '95 Santa Clara as a LW. The 36-year-old English works for the San Jose Water Co. and is their only female water treatment operator.





Mercedes Munoz is a 21-year-old sports lover who dabbles in gymnastics, swimming, and cross country. Training at Medina's Gym in Dublin, California, the 5-0, 109-pound college student was the overall winner at the '95 NPC Santa Clara.



Carol Elwyn competed in the 1995 Police Games, but most recently she won the MW class at the NPC Seaside contest. At 42, Elwyn shows us just how good 127 pounds can look at that age.



At 4-11, **Mickie Wong** shows off the 95-pound physique she used to enter the NPC Bay Area contest back in July. The 25-year-old Wong teaches educational counseling at San Jose State University.

1995 NPC Florida
Heavyweight Runnerup

Karen Netterstrom



by Mike Bogen

Someday, some teenaged girl will avoid an eating disorder, or will avoid the pitfall of tying her self-esteem to a less than perfect body, and it will be because of Karen Netterstrom.

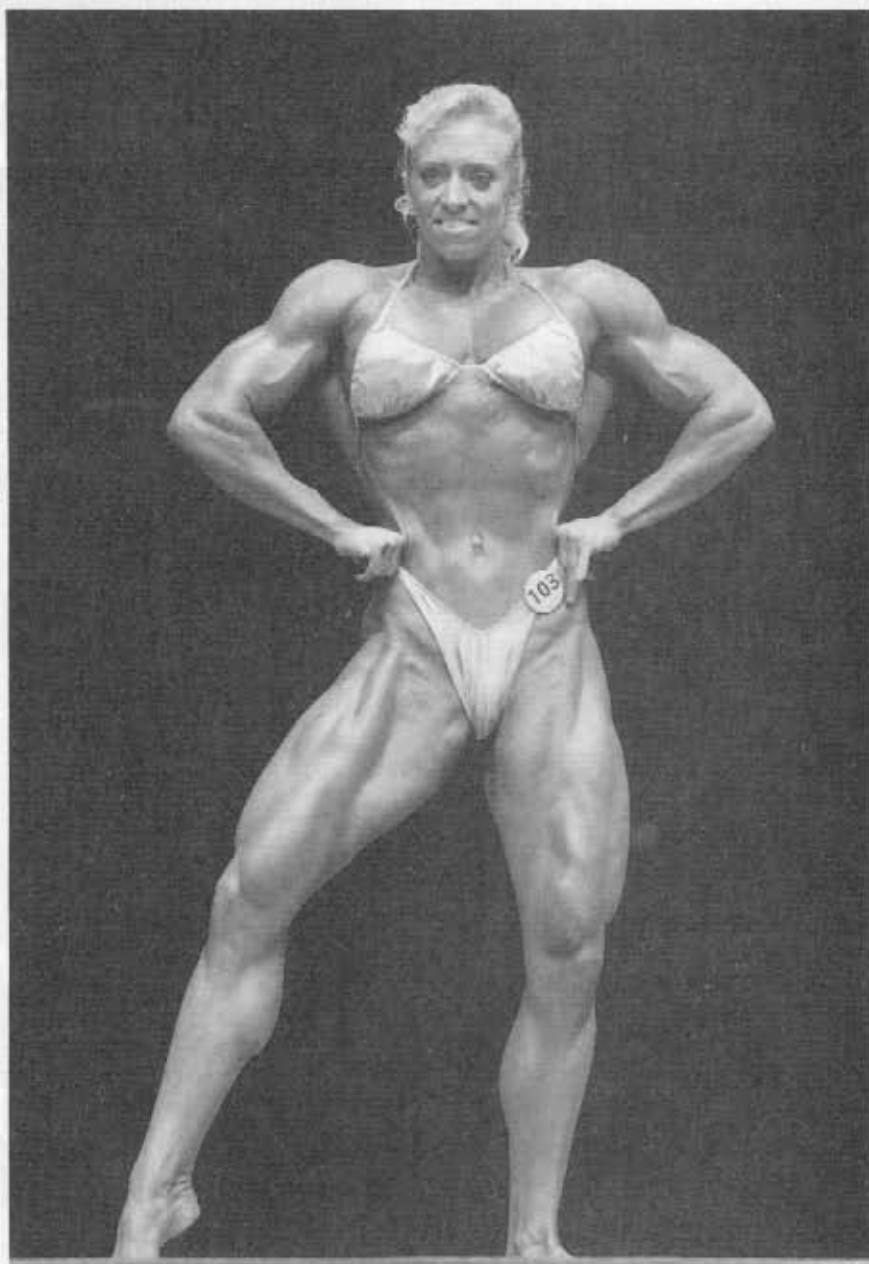
In fact, Netterstrom, a 21-year-old Floridian, is hoping to reach not just one girl, but a legion of them.

"I started diet logs and exercise routines when I was 14," says Netterstrom, who can get her own self-esteem boost from her recent sixth-place finish in her first national-level competition, the NPC Junior Nationals. "Now, I want to make sure that doesn't happen to other girls for the wrong reasons. I was obsessed with my body and I got into this because I wanted to know why."

To that end, Netterstrom was a Psychology major, with a minor in Exercise Science at University of Tennessee. She's planning on attending graduate school so she can specialize in body image disorders.

"I started as an Exercise Science major and after a semester switched to Psychology," she says. "I became interested in why people obsess on their bodies and I went to school an extra year-and-a-half to find out. I want to pursue a career in which I can help dispel all the unhealthy perceptions that currently exist—and there are so many of them—especially in adolescent girls."

In the meantime, Netterstrom is in the process of building herself a body about which there can be no misconception. It's big (5-6, 158 pounds in contest shape), replete with muscle (as in 16-inch calves and 15½-inch arms), and has her on the verge of making a big name for herself in bodybuilding. That should come as no surprise . . . she's been working on it in one way or another for 11 years.





older, I just accepted that there was no way my body was ever going to look like that and when I stopped diving, I decided to let myself develop in whatever way I was headed."

That was in her sophomore year at Tennessee. Netterstrom was a veteran springboard diver, but in college, coaches pushed her toward platform diving. "I didn't want to do platform and it became more work than fun," she says. "So I stopped diving and started lifting. When I started, I'd already achieved the goal of losing the hips and butt and I decided it might not be so bad to develop some upper body muscle."

Netterstrom's first lifting was with

for muscle. It was probably the healthiest decision of her life to that point.

"I just figured I'd let myself get as muscular as possible," she says. "I just had no idea I could even get this muscular. I also began to enjoy the lifting, also. It was empowering to know what my body could do in terms of strength. And when I moved from Nautilus to free weights, it became even more addictive."

Netterstrom did her first two bodybuilding shows while she was still in college, and had very mixed results. She won the heavyweight and overall titles in her first contest, the NPC Knoxville ("I was the biggest and most symmetrical. The mid-



John Nalopictis photos

"Even when I was 14, I had a specific idea of what I wanted to look like," says Netterstrom. "I wanted to get rid of a big chest and make my legs less muscular. So, she did those diet logs and buried herself in aerobics. But, given her genetics and frame, there was little chance she'd achieve her first goal.

"For five years, until I was about 19, I wanted to look like a lightly-muscled bikini model," says Netterstrom, who was a competitive diver for 10 years through high school and part of college. "But as I got

Nautilus, which she did for six months, before changing over to free weights.

"At first, I started lifting because I realized aerobics just wasn't doing the job and that I'd need weights to achieve that look I'd always wanted," she says. "But then I saw I was getting these little, baby guns. That was the change I really noticed and it became addictive. Even when I'd only been doing aerobics, I was getting positive comments about my legs and that also encouraged me to go farther."

So, at age 19, Netterstrom decided to go





dleweight wasn't very good and the lightweight had no muscle), but got a shock when she entered the 1991 Tennessee, even though she finished second in the heavy-weight class.

"Tracy Gillespie won it, and of course, she was great," says Netterstrom. "But I also saw other girls there with muscle who were ripped. It was a rude awakening for me. I realized I knew nothing about this sport."

Netterstrom took 1992 off from competing, but that had nothing to do with the shock she got in the Tennessee.

"I just felt I needed to finish school, both for myself and my parents, so I could make a full commitment to bodybuilding. School was important, because I knew then, as

"I became interested in why people obsess on their bodies and I went to school for an extra year-and-a-half to find out."

now, that I would need something besides bodybuilding . . . a career and a passion that might even include a paycheck."

To that end, Netterstrom went to work as an exercise physiologist, doing rehabilitation work and some personal training. But, it's far from where she wants to be. "They'd look at my muscular body and think that I could make them into whatever they wanted. But I didn't want to give them the false perception that they too could have this body. Not everyone has the same physical potential."

The next two years included the downside of competition for Netterstrom, who finished second in the 1993 Gold Cup

Natural ("It was drug tested and I was the only one tested. That annoyed me, but I suppose it was a compliment of sorts"), fourth in the 1994 NPC Florida and second in the '94 Southeastern USA.

"The natural show was discouraging because it showed me how much work I needed on getting a diet," she says. "I was thrilled with the Florida, because everything I did worked and it was just a



great level of competition. But, in Southeastern USA, I felt I deserved to win it, although now, looking back, I realize I deserved second."

This year, Netterstrom took the heavy-weight title at the NPC First Coast and finished second in the Florida before her sixth-place finish in the Junior Nationals. The Florida was disappointing for her.

"It was very close and the girl who won was bigger, but not harder or leaner, and not as symmetrical. It was all-out mass versus symmetry and they went for mass," she says. "It was discouraging and I kicked myself for three weeks afterward and then decided to go for the Junior Nationals.

For Netterstrom, bodybuilding has provided some interesting sidelights.

In 1992, even though it was the year she took off from competition, she beat 49 other women in a contest to appear on the live American Gladiators tour. "I wasn't in great shape, but I got to play the games," she says. "I wasn't all that good at it."

And, last year, she auditioned for "a muscular women" role as a super hero for the live show at Universal Studios' theme

Karen Netterstrom is one bodybuilder who has her body image in order.

park in Florida. "I was 5-6, 175 and everyone thought a girl who was about 5-6, 120 was the bodybuilder—until we took our clothes off—but then, she got the part."

Netterstrom plans on giving bodybuilding until she's 30 before moving on.

"I plan on taking my time and improving slowly and consistently," she says. "I'd like to get my pro card, but I also figure going for it is actually better than being a pro. If you're a pro and not in the top five, it's not so great. This is a hobby for me and when I get sick of it, I'll quit. Until then, I'll keep it in perspective.

"I just never want to look back at 35 and say 'God, why did I waste all those years developing my body and not my mind.'"



**1993
Show Now
Available**

VIDEOTAPE: The Extravaganza Women's Strength Contests

If you've never been to one of these unique women's strength shows, here is your chance to view seven different years' contests on your home video systems. The 1987 and 1988 shows both run 4 hours, and include the physique show held the same day. The 1989, 1990, 1991, 1992 and recent 1993 videos contain the strength show only. Each strength contest features top-name women bodybuilders competing against each other in lifts such as chinning, bench pressing, curls, squats, leg presses, leg curls and dips, with the goal being who can do the most repetitions with a percentage of her bodyweight. There are no other contests like it!!

The newly-released **1993 EXTRAVAGANZA** features 12 top physique women competing against each other in five strength events. The participants include Kathryn Connors, Jeanine Delahunty, Zuzana Krinkova, Carol Leon, Rachel Mathias, Sally McNeil, Pam Moran, Karla Nelson, Michele Ralabate, Gabriella Spohn, Vickie Shay and Dawn Whitham. Two of these women did more than 50 chins, five did more than 50 dips, and one woman benched her bodyweight 41 times! Find out who did these remarkable lifts and more when you order this 1993 version of the Extravaganza. **VIDEO RUNS 2-1/2 HOURS. PRICE IS \$65 (FOREIGN MUST ADD \$7 FOR AIR MAIL, AND \$10 FOR PAL CONVERSION, IF NEEDED).**

The **1992 EXTRAVAGANZA** was the biggest show to date, featuring 19 top-level NPC bodybuilders competing against each other in a grueling 3-1/2 hour contest. Contestants included Sue Price, Mary Ryan Jeffrey, Lori Adams, Paula Pwarunas, Lindy Champion, Jackie Ludy, Robbie Bryant, Michelle Ralabate, Judy Moshkosky, Rachel Mathias, Sally McNeil, Denise Rutkowski, Karin Mitchell, Tiziana Molinari, Vicki Walker, Dawn Whitham, D'Lynne Miller, Tori Masonis and Tazzie Colomb! Events included chinning (2 women did nearly 50 chins each!), dips (many did over 50), barbell curls with half bodyweight (would you believe 115 reps?), squats and bench pressing (1 woman did 37 reps with her bodyweight!). We used a full length video camera to capture most of the action, but also utilized a stage camera for dramatic close-ups as the women ground their way to new lifting records for these events. Was D'Lynne Miller able to defend her 1991 title, or was she dethroned by a new lifting dynamo? Get the answer on this action-packed 1992 version of The Women's Extravaganza Strength Contest! **Video runs 3-1/2 hours on two tapes. Price is \$75 (foreign must add \$12 for AIR MAIL, and a one-tape fee of \$10 for PAL conversion, if needed).**

The **1991 EXTRAVAGANZA** featured 14 top strength/physique women including Dronit Kernes, Raye Hollitt (and her sister, Tess), Sally McNeil, Karin Mitchell, Vicki Walker, Leisa Campbell and Tarus Burns. Also featured were powerlifting crossovers Claudia Wagner, Rachel Mathias, D'Lynne Miller, Cheryl Sillich and Tori Masonis. And, our largest strength competitor ever, Karla Nelson, ripped at 194 pounds, also took part. Was Raye able to defend her past titles against her sister and the other top women? **Video runs 2 hours. Price is \$60 (foreign add \$7 for AIR MAIL postage, and \$10 PAL conversion fee, if needed).**

The **1990 EXTRAVAGANZA** strength show featured top women bodybuilders such as Cathey Compton Smith, Kim Robinson, Cheryl Rivers, Christina Petrarca, Karin Mitchell, Tori Masonis, Kris Luebke, Joan Lauth, Julia Kover, Mimi Hitzman, Lori Grammis, Tazzie Colomb, Maro Bchakjian and others. The entire strength show is on **one 2-3/4 hour tape. Price is \$60 (foreign add \$7 for postage and \$10 for PAL, if needed).**

The **1989 EXTRAVAGANZA** featured 17 women in the strength show, including Sharon Arrildt, Karenanne Stanley, Laura Binetti, Joan Lauth, D'Lynne Kritsky, Virginia Brady, Raye Hollitt, Cheryl Rivers, Karin Mitchell, Tara Dodane and seven others. **Video runs 4 hours. Price is \$60 (foreign add \$12 for postage and \$10 for PAL, if needed).**

The **1988 EXTRAVAGANZA** featured 30 women in the physique show, and the following women in the strength show: Karen Pica, Rhonda Lundstedt, Raye Hollitt, Mary Ryan-Jeffrey, Cyndie Meintzer, Tazzie Colomb, Tara Dodane and Denise Rutkowski. **Video runs 4 hours. Price is \$60 (foreign add \$12 for postage and \$10 for PAL conversion, if needed).**

The **1987 EXTRAVAGANZA** featured Marissa Brown, Raye Hollitt, Lindy Champion, Phyllis Padur, Velma Buckels and many others in the physique contest, and the following women in the strength show: Hollitt, Padur, Champion, Pica, Arrildt, Sherry Thompson and Tara Dodane, with Georgia Fudge as guest poser! **Video runs 4 hours. Price is \$60 (foreign add \$12 for postage and \$10 for PAL conversion, if needed).**



Please send the following videos circled below. I enclose \$_____. New Jersey residents add 6% sales tax. All foreign and Canadians MUST send International Money Orders in U.S. funds, or send U.S. cash or your country's cash by registered mail. Good money orders include Barclays of Midland Bank (England), Deutsche Bundespost (Germany) and ANY International Postal Money Order. We CANNOT cash foreign checks anymore. Please allow 2-3 weeks for delivery. Make checks or money orders payable to WPW and send to *Women's Physique World*, Box 443, Hohokus, NJ 07423

IMPORTANT! PLEASE CIRCLE CORRECT TAPE FORMAT

American NTSC System: VHS • European PAL System: VHS (add \$10 per tape for PAL conversion and \$7 for air mail)

Video 240 1993 Extravaganza Strength Contest (2-1/2 hours) **\$65**

PREVIOUS STRENGTH CONTESTS:

Video 223 1992 Extravaganza Strength Contest (3-1/2 Hours) **\$75** **Video 154** 1989 Extravaganza Strength Contest (4 Hours) **\$60**
Video 202 1991 Extravaganza Strength Contest (2 Hours) **\$60** **Video 110** 1988 Extravaganza Strength Contest (4 Hours) **\$60**
Video 178 1990 Extravaganza Strength Contest (2-3/4 Hours) **\$60** **Video 86** 1987 Extravaganza Strength Contest (4 Hours) **\$60**

Name _____ Address _____

City/State/Zip _____

Natalia WINS European Grand Prix

Lithuanian Natalia Murnikoviene wasted little time in establishing herself as a solid threat on the IFBB pro scene when she scored a convincing victory in her first pro show winning the second annual IFBB European Grand Prix on August 19, 1995 in Prague, Czech Republic.

In winning the contest Murnikoviene took home \$4,000 in prize money and some added steam going into her first Ms. Olympia contest just three weeks later in Atlanta.

Last year, Murnikoviene won the IFBB World Amateur Championships as a heavyweight to qualify for the pro ranks.

Ralph Dabian photo

IFBB European Pro Grand Prix Official Results

- 1 - Natalia Murnikoviene, *Lithuania*
- 2 - Laura Binetti, *Canada*
- 3 - Eva Sukupova, *Czech Republic*
- 4 - Nancy Lewis, *USA*
- 5 - Yaxeni Oriquen, *Venezuela*
- 6 - Gabi Spuhn, *Germany*
- 7 - Astrid Falconi, *Canada*
- 8 - Francois Petitjean, *France*
- 9 - Frederique Auchart, *France*
- 10 - Susann Keiserling, *Germany*

17 women from 11 countries competed.



Back Issues of Women's Physique World and Women's Physique Publication






Have you missed any previous issues of Women's Physique World? Here is your chance to purchase back issues of WPW, and also 'Women's Physique Publication' (no longer published), now in four special sets at reduced prices. We have most of the WPW issues from 1988 on (except for a few issues sold out) and for the 'Publication' we have years 1989 through 1991 only. All issues prior to 1995 are available in the following 4 sets of issues only—individual issues can no longer be purchased. However, you may purchase any of the current 1995 issues individually—see form below. Read on for descriptions of sets of back issues:

SET 1: WOMEN'S PHYSIQUE PUBLICATION FROM 1989 through 1991: This set of 12 magazines (1,000 pages weighing 9 pounds) features hardcore coverage of contests and competitors not found in WPW, contains no advertising and is printed on heavy paper stock. If you purchase this set you will also receive our BOOK from 1984—A History of Women's Bodybuilding through 1983', featuring rare photos of the early days of the sport. Book is 260 pages and over 500 photos! Price is \$40, all foreign send \$50.

SET 2: WOMEN'S PHYSIQUE WORLD Issues from 1988 through 1992: We have 16 issues available (Issue #13 through 32, minus issues 20, 21, 23 and 29, which are sold out). You will also receive the BOOK with this set, so you get the 16 issues plus Book—8 pounds of material! Price is \$40, foreign send \$50.

SET 3: WOMEN'S PHYSIQUE WORLD Issues from 1993: We have 5 of the 6 issues left (Issue #33-38, with #34 sold out). Price of 5 magazines is \$15, foreign send \$18.

SET 4: WOMEN'S PHYSIQUE WORLD Issues from 1994: We have all 6 issues, #39 through #44. Price for 6 issues is \$18, foreign send \$21.

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<p>Set 2: 1988-1992 WPW Issues</p>							
<p>Set 3: 1993 WPW</p>							
<p>Set 4: 1994 WPW</p>							
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I enclose \$_____ for the below checked set(s) of issues. Due to the weight, all sets will be mailed by 4th Class Book Rate, so allow 2-4 weeks domestic and 4-8 weeks foreign for delivery. If you order Sets 1 and 2, only one book will be sent. Foreign must send International or Postal Money orders in US funds, or send US or your own currency by registered mail only. Mail checks and money orders (made out to Women's Physique World or WPW) to: WPW, Box 443J, Ho-ho-kus, NJ 07423.

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Circle the following 1995 issues (\$4 each): Jan/Feb March/April May/June July/Aug

NAME _____ ADDRESS _____
 CITY/STATE/ZIP _____

W P W LETTERS

Vive Le France

Dear WPW,

I have always enjoyed seeing the coverage of French bodybuilders in your magazine. Can you tell me the names of French women who have competed in the Ms. Olympia contest?

Gerard Peltier
Montreal, Quebec

Ed. Note: There have been nine women who have represented France at the Ms. O. They are as follows: Josee Baumgartner (1984), Dominique Darde (1986-87), Gloria Bouvier (1990), Carol Exbrayat (1993), Muriane Nicolas (1994-95), Frederique Auchart (1994), Veronique Gady (1994), Christine Noel (1995), and Marie Mahabir who has been France's most frequent competitor at the Olympia having competed in 1989-90-91-93-94-95.



Steve Wennerstrom photo

Dear WPW,

I am a fan of Francois Petitjean, what has she done lately as a competitor?

Eric Dykgraaf
Amsterdam, Holland

Ed. Note: Most recently Francois placed eighth at the European Grand Prix in Prague, and before that she became ill at the Jan Tana Classic and was forced to withdraw. Watch for her in '96!

Dear WPW,

Will Michele Ralabate ever compete against Rozann Keyser now that they are both pros? The posedown of these two women at the NPC Nationals was an awesome sight.

Greg Elliott
Leesville, Ohio

Ed. Note: It didn't take long for your fantasy matchup to take place, Ralabate and Keyser both entered the Jan Tana Classic (covered elsewhere in this issue) as their pro debut. And as fate would have it they stood side-by-side in the lineups and were called out together on occasion during the prejudging rounds. It's likely they'll bump into each other as they continue to compete in the pro ranks . . . perhaps someday at the Ms. Olympia!



Steve Wennerstrom photo

Dear WPW,

Two thumbs up for your editorial in the September/October 1995 issue. I am a competitive female bodybuilder who has become sickened by the endless magazine articles hyping fitness competitors and trashing bodybuilders in the next breath. I personally have nothing against fitness competitors, but why do we as competitors in another sport have to take the brunt of these ridiculous comparisons? Live and let live, I say.

Bonnie Waller
Los Angeles, Ca.

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