

Class of 2010

Brian Cannone's

FITNESS ATLANTIC.COM CHAMPIONSHIPS



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Brian Cannone's

FITNESS ATLANTIC.COM CHAMPIONSHIPS

We're the winners get more than just a Chicken dinner...

The FitnessAtlantic.com Championships is an independent fitness extravaganza combining Fitness, Bikini, Figure, Models, and Bodybuilding.

It is one of the largest non-sanctioned shows welcoming athletes from any federation.

While everyone is competing against one another, there is a level of camaraderie. It's not unusual to see competitors giving each other encouragement or some form of assistance. As you can see from the photos everyone is smiling and having a great time.

When you see first hand the complexity of a fitness show you gain an appreciation for the staff and promoter. The promoter for this show is Brian Cannone. Brian has chosen to do run just one show a year and that is the Fitness Atlantic Championships. By focusing on just one show each year it allows a promoter to really focus on the event and it shows in the details.

The Fitness Atlantic adds a unique twist to the evening show that gives ALL the competitors a chance to shine! With a consistently sold-out audience, national exposure and production standards designed to make every contestant feel like a star, the Fitness Atlantic show is like no other event you will ever witness! This is certain to be the most personally rewarding event you can enter.





My husband & parents who were at the event & have also gone to my other shows (6 shows all together now) they continue to be impressed w/ how well your show went. They wanted me to pass along their comments to you Brian for having such a great, professionally run event- from the music, to the organization of everything, to how quickly the night show went along, to the DJ/MC- it was all great. And I agree!
- Nicki Flack

Hi Brian,
The show was fantastic and extremely well organized.
Thx Jean





Brian,
I just wanted to thank you for the amazing experience I had at Fitness Atlantic. Everyone was so friendly and approachable and it was so well run. I met so many fun new girls. The show was such a positive experience for me. Definitely, worth the trip from Utah. Have a great week!
- Stephanie Jacobs

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for our *Goodie Bags*
and much more....



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SNI Global <http://www.sniglobal.com>
3 bottles - Glutamine, Creatine, and
Branch Chain (\$15 x 200 = \$3000)



Class of 2010

FITNESSATLANTIC.COM



Hello Brian - I want to personally thank you for organizing such a remarkable event. I had so much fun and a great experience. It was my first show, and you and your team did awesome job making it fun experience. Can you please pass thanks to backstage crew and operations. They did a great job running it smooth. Cant wait to participate in your next event in 2011..... Thank you so much

- Natalie



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3rd largest gift was from the Orbitape body mass tape measure
retail \$15 each x 200 = \$3000



Hi Brian.
I had an amazing time at your show April 17. I didn't place but still think it was well worth my efforts. You have an amazing program and I was very impressed with all of the support you have been able to get to sponsor the show. You will see me again next year.
- Sarah Taylor



Sequoia
Fitness Products USA

<http://www.sequoiafitness.com>

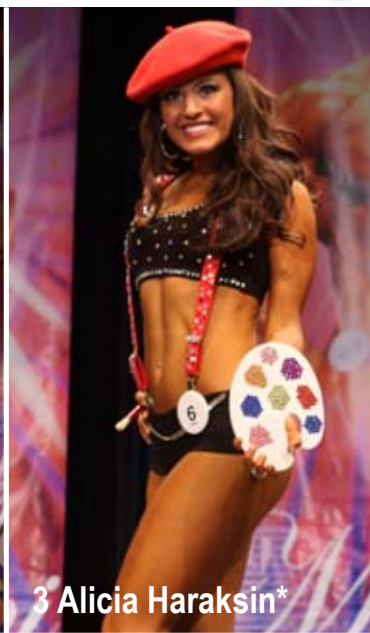
Bikini Short Class



1 Tiffany Tillinger



2 Kelly Jimenez



3 Alicia Haraksin*



4 Julianne Lord



6 Kerri Wilson



8 Pamela Fung*



9 Ella Steigler*



11 Paulina Ciccone



12 Sheri Theroux



13 Kati Salowsky



14 Katie Vieira

Bikini Short



5 Britta Coutu*



6 Andrea Berberian



10 Kelly MacNeil*



15 Andrea Adelman

2010 FITNESS ATLANTIC BIKINI SHORT

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Tiffany Tillinger	1
Kelly Jimenez	2
Alicia Haraksin*	3
Julianne Lord	4
Brittany Coutu*	5
Andrea Berberian	6
Kerri Wilson	6
Pamela Fung*	8
Ella Steigler*	9
Kelly MacNeil *	10
Paulina Ciccone	11
Sheri Theroux	12
Kati Salowsky	13
Katie Vieira	14
Andrea Adelman	15

*Competing in more than one class

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Status Magazine - Featured Athlete in
Photo Shoot Full-Spread





1 Lori-Ann Marchese*



2 Megan Moon*



3 Jessica Halbert*



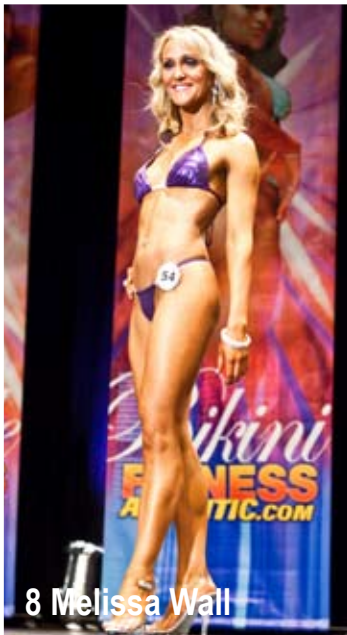
4 Ashley Harman



5 Natalie Dudina*



7 Alisha Ceraso*



8 Melissa Wall



9 Amanda Whitney*



10 Amber Martinelli



11 Cat Zalewski



13 Danielle Baldwin*



13 Lisa LaRosa*



15 Emily Lind*



16 Annie Gauthier*

Bikini Medium Class



6 Jaclyn Briggs*



12 Jennifer Pierce



16 Melissa Lambert



18 Christina Quinonez



19 Tamiya Skinner

2010 FITNESS ATLANTIC BIKINI MEDIUM

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Lori-Ann Marchese*	1
Megan Moon*	2
Jessica Halbert*	3
Ashley Hannan	4
Natalie Dudina*	5
Jaclyn Briggs*	6
Alisha Ceraso*	7
Melissa Wall	8
Amanda Whitney*	9
Amber Martinelli	10
Cat Zalewski	11
Jennifer Pierce	12
Danielle Baldwin*	13
Lisa LaRosa*	13
Emily Lind*	15
Annie Gauthier*	16
Melissa Lambert	16
Christina Quinonez	18
Tamiya Skinner	19

*Competing in more than one class

Thanks to our Sponsors

Status Magazine - 200 copies of new issue (\$1000) <http://www.statusfitnessmagazine.com>



Fitness Atlantic Gym Bags - 200 Custom bags (\$2000)

Mens Fitness Atlantic - 75 Men's Sleeveless t-shirts (\$700)

Women's Fitness Atlantic - 100 Tank Tops (\$875) women in opening number received tank tops



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 - 200 - overdose
 - 200 - raptor
 - 200 - buff mother
 - 200 - alpha maxx
 - 200 - Got NRG T-Shirts (\$3000)
- <http://www.nrgxlabs.com>



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Bikini Tall Class



1 Nicki Flack



2 Stephanie Jacobs*



3 Madalena Dos Santos*



5 Josette Karp*



6 Kacie Freer



8 Webly Alfred



9 Tawny Clark*



10 Caitlin McCann*

Bikini Tall Class



4 Loribeth Smith



7 Angela Palange



11 Allie Esposito*

**2010
FITNESS
ATLANTIC
BIKINI TALL**

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Nicki Flack	1
Stephanie Jacobs*	2
Madalena Dos Santos*	3
Loribeth Smith	4
Josette Karp*	5
Kacie Freer	6
Angela Palange	7
Webly Alfred	8
Tawny Clark	9
Caitlin McCann*	10
Allie Esposito*	11
Sarah Hoots	12

*Competing in more than one class



12 Sarah Hoots

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Bikini Tall Class



13 Katy Rice*



13 Tara Thatcher*



15 Elizabeth Shenk*



18 Jennifer Nolte



19 Natalie Lichtenbert



20 Sonia Gomez*



22 Bami Klein



23 Darcy LaPila*



Bikini Tall Class



16 Elise Coffey



17 Jessica Bergenfield



21 Liz Adams



2010 FITNESS ATLANTIC BIKINI TALL

April 17, 2010
East Haven, Connecticut



COMPETITOR	PLACING
Katy Rice*	13
Tara Thatcher*	13
Elizabeth Shenk*	15
Elise Coffey	16
Jessica Bergenfield	17
Jennifer Nolte	18
Natalie Lichtenbert	19
Sonia Gomez*	20
Liz Adams	21
Bami Klein	22
Darcy LaPila*	23

*Competing in more than one class

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1 Pam
Balick-Hynes



2 Gina Gesamondo



3 Jeanette Bandouveres



4 Dawn Gilday*



6 Josette Karp*



7 Lisa LaRosa*



8 Kelly Burneson



9 Ella Steigler*



11 Karen Vitale*



12 Anna Gibbons*



13 Sonia Gomez*



14 Gianna Miceli

Bikini Classic



5 Jodi Harrison



10 Tyra Stokes



2010 FITNESS ATLANTIC BIKINI CLASSIC

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Pam Balick-Hynes	1
Gina Gesamondo	2
Jeanette Bandouveres	3
Dawn Gilday*	4
Jodi Harrison	5
Josette Karp*	6
Lisa LaRosa*	7
Kelly Burneson	8
Ella Steigler*	9
Tyra Stokes	10
Karen Vitale*	11
Anna Gibbons*	12
Sonia Gomez*	13
Gianna Miceli	14

*Competing in more than one class



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(\$1000) <http://www.fightmagazine.com>



1 Jodi LeBeau*



2 Alicia Haraksin*



3 Jessica Halbert*



5 Tish D'Amore*



6 Caitlin McCann*



8 Julie Chapleau*



9 Kelly McNeil*





4 Jaclyn Briggs*

2010 FITNESS ATLANTIC FITNESS

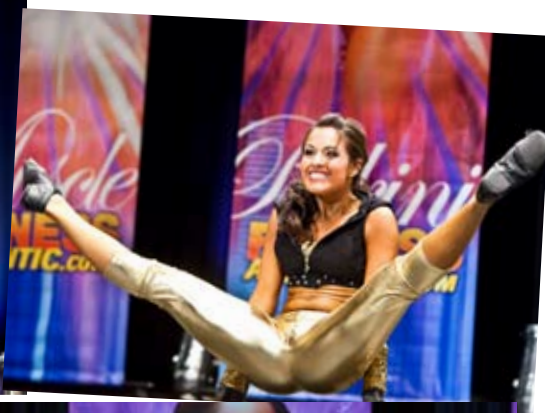
April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Jodi LeBeau*	1
Alicia Haraksin*	2
Jessica Halbert*	3
Jaclyn Briggs*	4
Tish D'Amore*	5
Caitlin McCann*	6
Maura Cullen	7
Julie Chapleau*	8
Kelly McNeil*	9

*Competing in more than one class



7 Maura Cullen



Thanks to our Sponsors



VPX Sports - 200 Redline drinks samples (\$1000)

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AS Research Supplements - \$1200 in product for Mens Overall Champion

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Muscle Brownies - 200 brownies (\$400)

<http://www.lennylarry.com/>





1 Brittany Coutu*



2 Madalena Dos Santos*



3 Lori-Ann Marchese*



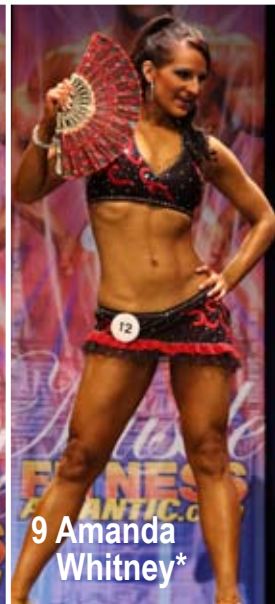
4 Pamela Fung*



7 Natalie Dudina*



8 Jessica Bergenfield*



9 Amanda Whitney*



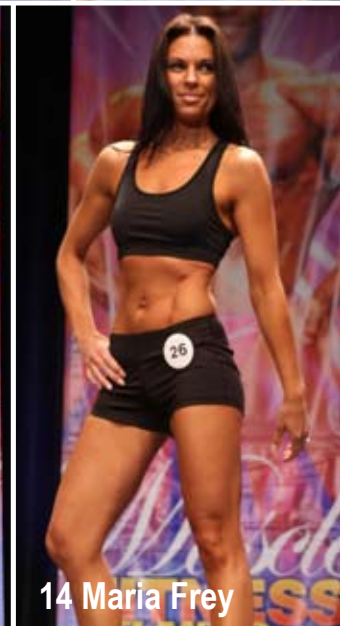
11 Elizabeth Shenk*



12 Danielle Baldwin*



13 Linda Leao



14 Maria Frey

Model Women



5 Allie Esposito*



6 Alisha Ceraso*



10 Katy Rice*



15 Alison Bimba

2010 FITNESS ATLANTIC MODEL WOMEN

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Brittany Coutu*	1
Madalena Dos Santos*	2
Lori-Ann Marchese*	3
Pamela Fung*	4
Allie Esposito*	5
Alisha Ceraso*	6
Natalie Dudina*	7
Jessica Bergenfield*	8
Amanda Whitney*	9
Katy Rice*	10
Elizabeth Shenk*	11
Danielle Baldwin*	12
Linda Leao	13
Maria Frey	14
Alison Bimba	15

*Competing in more than one class

Thanks to our Sponsors

Muscle Milk - 200 Packets (\$400)

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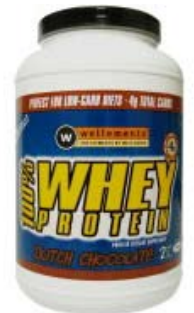
Tina Payne

Sales & Marketing

Manager

<http://www.thinkproducts.com>

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



Egg Whites International

Jeff 'JD' Dowd

National Sales Mgr.

<http://www.eggwhitesint.com/>

Muscle Pharm - Samples of our newest UNRELEASED product MuscleGel,





1 Miguel Miranda



2 Jordan Parr



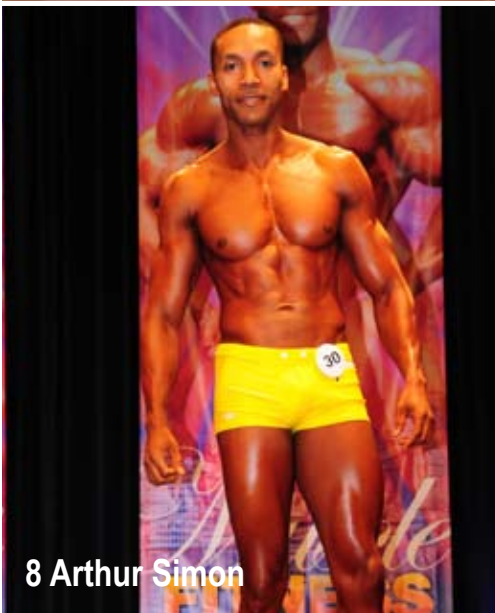
3 EJ Ertugrul



5 Jay Alvarez



6 Santino Bruno



8 Arthur Simon



9 Michael Ramos



10 Phil Mangiaracina

Model Men



4 William Miller



7 Paul DeRienz

2010 FITNESS ATLANTIC MODEL MEN

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Miguel Miranda	1
Jordan Parr	2
EJ Ertugrul	3
William Miller	4
Jay Alvarez*	5
Santino Bruno	6
Paul DeRienz	7
Arthur Simon	8
Michael Ramos	9
Phil Mangiaracina	10

*Competing in more than one class



Thanks to our Sponsors



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Figure Short Class



1 She'ree Biros



2 Angela Sweet



3 Julie Chapleau*



6 Dominique Rougier



7 Ana Bartlett



9 Sarah Taylor



10 Amy MacKinnon



11 Dawn Gilday*

Figure Short

Thanks to our Sponsors

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Marsha Koehler
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 E-mail marshak@westol.com

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Brian,
 Nice work with the site and with your
 contest – I can see you put a lot of heart
 into it.

Great idea with beefing up the \$ for
 the competitor bags. I can send you
 samples of 5-Tetra with \$10 coupon off
 sale at Flexus Sports.

Talk soon,

Joe



Snap Fitness Center -

One month gift certificates to
<http://www.snapfitness.com>



4 Jodi LeBeau*



5 Alicia Luciani



8 Christine McCarthy

2010 FITNESS ATLANTIC FIGURE SHORT

April 17, 2010
 East Haven, Connecticut

COMPETITOR	PLACING
She'ree Biros	1
Angela Sweet	2
Julie Chapleau*	3
Jodi LeBeau*	4
Alicia Luciani	5
Dominique Rougier	6
Ana Bartlett	7
Christine McCarthy	8
Sarah Taylor	9
Amy MacKinnon	10
Dawn Gilday*	11

*Competing in more than one class





1 Shaliar Drew



2 Brenda Barna



3 Megan Moon*



6 Karen Vitale*



6 Stephanie Russo



8 Emily Lind*



10 Roseanne Venturino



10 Awilda Cocco

Figure Medium



4 Tish D'Amore*



5 Caryn Acevedo



8 Annie Gauthier*



2010 FITNESS ATLANTIC FIGURE MEDIUM

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Shaliar Drew	1
Brenda Barna	2
Megan Moon*	3
Tish D'Amore*	4
Caryn Acevedo	5
Karen Vitale*	6
Stephanie Russo	6
Annie Gauthier*	8
Emily Lind*	8
Roseanne Venturino	10
Awilda Cocco	10
Amanda Crumb	10

*Competing in more than one class



10 Amanda Crumb

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Brian Cannone

Figure Tall Class



1 Stephanie Jacobs*



2 Alyssa Rajcula



3 Michalann Dancause



5 Heidi Jones



6 Darcy LaPila*



8 Tara Thatcher*



9 Sonia Gomez*



10 Anna Gibbons*

Figure Tall



4 Megan Luipold



7 Jennifer Olsen



10 Melissa Pelikan



12 Velma Garnes

2010 FITNESS ATLANTIC FIGURE TALL

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Stephanie Jacobs*	1
Alyssa Rajcula	2
Michalann Dancause	3
Megan Luipold	4
Heidi Jones	5
Darcy LaPila*	6
Jennifer Olsen	7
Tara Thatcher*	8
Sonia Gomez*	9
Anna Gibbons*	10
Melissa Pelikan	10
Velma Garnes	12

*Competing in more than one class



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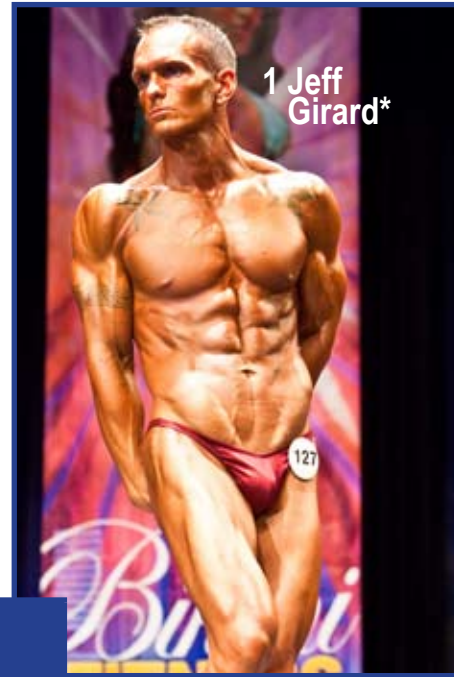
1 Michael Craven*



2 Harry Zarrella*



1 Jeff Girard*



2010 FITNESS ATLANTIC JUNIOR MEN

April 17, 2010
 East Haven, Connecticut

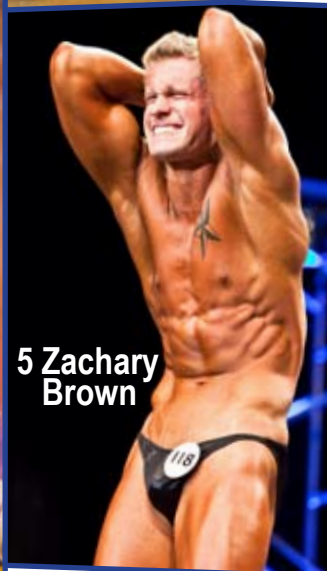
COMPETITOR	PLACING
Michael Craven*	1
Harry Zarrella*	2
Dennis Giacomucci*	3
Bill O'Donnell*	4
Zachary Brown	5
Phong Dang*	6
Robert McIntosh	7
Dylan MacLean*	8

*Competing in more than one class

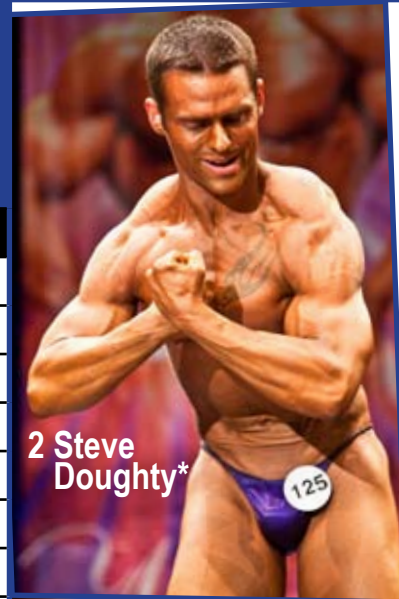
3 Dennis Giacomucci*



5 Zachary Brown



2 Steve Doughty*



6 Phong Dang*



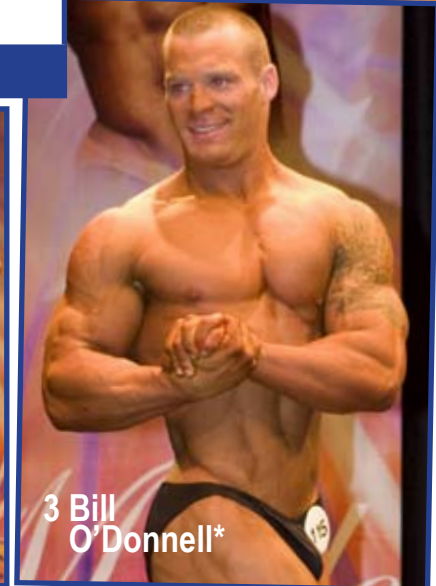
7 Robert McIntosh



8 Dylan MacLean*



3 Bill O'Donnell*



4 Chad Frazier*



2010 FITNESS ATLANTIC NOVICE LIGHT

April 17, 2010
East Haven, Connecticut

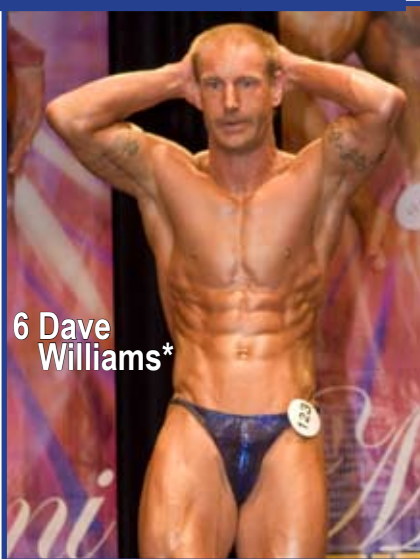
COMPETITOR	PLACING
Jeff Girard*	1
Steve Doughty*	2
Bill O'Donnell*	3
Chad Frazier*	4
Phil Dang*	5
Dave Williams*	6
Tim Moore*	7
Brian Rose*	8
Dylan MacLean*	9

*Competing in more than one class

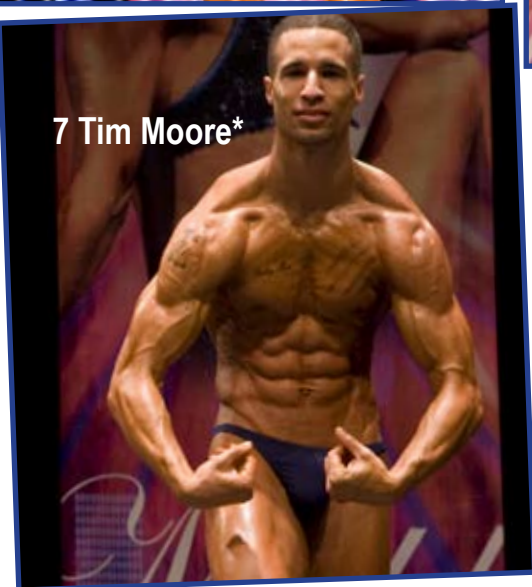
5 Phil Dang*



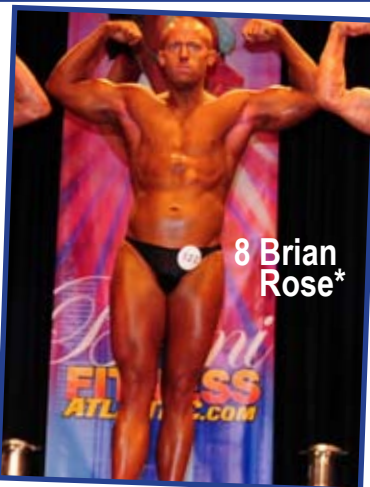
6 Dave Williams*



7 Tim Moore*



8 Brian Rose*



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Max Muscle -





1 Steve Edmond*



2 Claudio Boni*

2010 FITNESS ATLANTIC GRANDMASTER MEN

April 17, 2010
 East Haven, Connecticut

COMPETITOR	PLACING
Robert Pocobello*	1
Dino Manchisi*	2

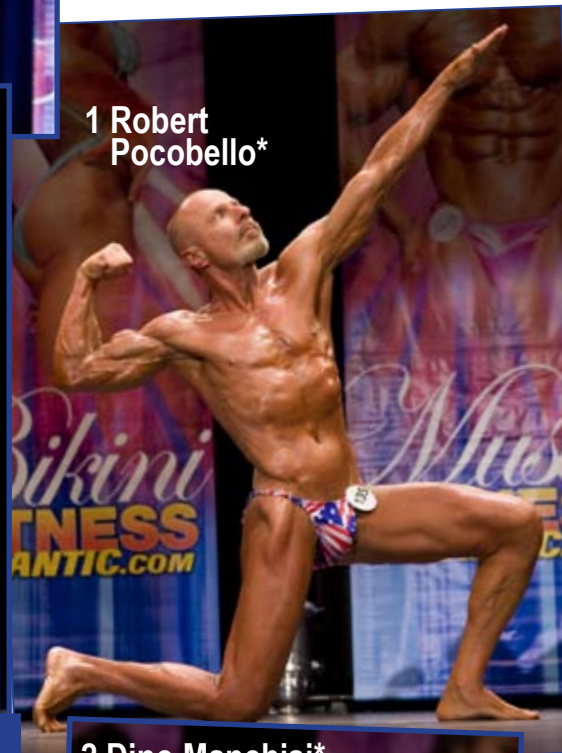
*Competing in more than one class



3 Jay Alvarez*



4 Raheem Green*



1 Robert Pocobello*



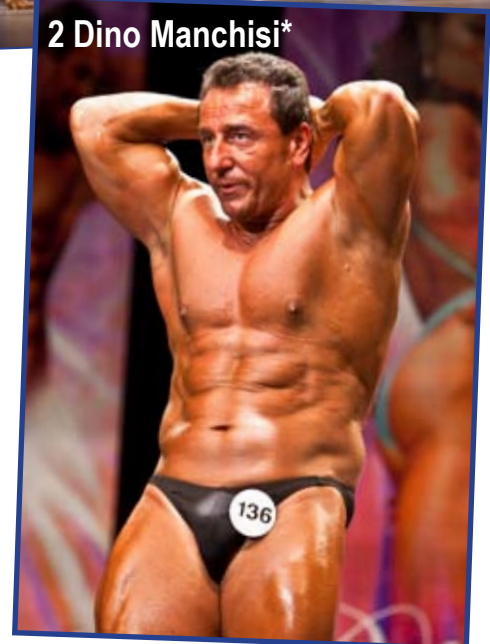
5 Tony Scaife*

2010 FITNESS ATLANTIC NOVICE HEAVY

April 17, 2010
 East Haven, Connecticut

COMPETITOR	PLACING
Steve Edmond*	1
Claudio Boni*	2
Jay Alvarez*	3
Raheem Green*	4
Tony Scaife*	5

*Competing in more than one class



2 Dino Manchisi*

Muscle



1 Devone Pollard*



2 Michael Harris-Love*



3 Laimondo Trowell*



4 Paul Discipio*

2010 FITNESS ATLANTIC MASTER MEN

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Devone Pollard*	1
Michael Harris-Love*	2
Laimondo Trowell*	3
Paul Discipio*	4
Robert Pocobello*	5
Dino Manchisi*	6
Mike Costello*	7
Tony Scaife*	8

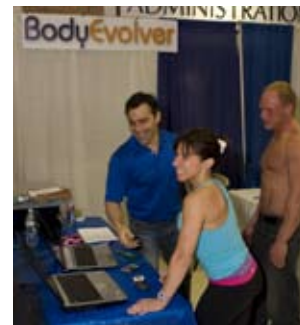
*Competing in more than one class



7 Mike Costello*

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Protege Cafe -



The Fitness Atlantic DVD booth -



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Ben Tatar
Writer

1 Jeanne Marie Chartier



2 Tiffany Jackson

2010 FITNESS ATLANTIC WOMEN

April 17, 2010
 East Haven, Connecticut

COMPETITOR	PLACING
Jeanne Marie Chartier	1
Tiffany Jackson	2
Patricia Sweeney	3
Shari Long	4
Sandra-Dee Headley	5
Liz LeGault	6

*Competing in more than one class



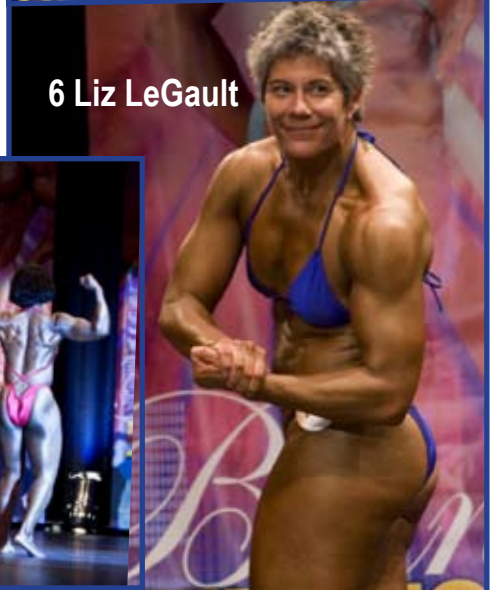
4 Shari Long



5 Sandra-Dee Headley



3 Patricia Sweeney



6 Liz LeGault

2010 FITNESS ATLANTIC BANTAMWEIGHT

April 17, 2010
 East Haven, Connecticut

COMPETITOR	PLACING
Chi Bang	1
Brian Roach	2
Dave Williams*	3
John Corden	4
Robert Pocobello*	5
Phong Dang*	6

*Competing in more than one class



Muscle



1 Chi Bang



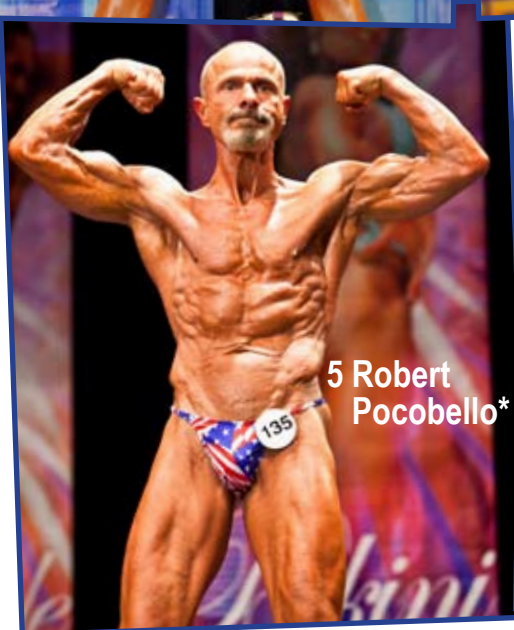
2 Brian Roach



3 Dave Williams*



4 John Corden



5 Robert Pocobello*



6 Phong Dang*

Thanks to our Event Staff

EVENT PRODUCER

Brian Cannone

EVENT ADMINISTRATION

Donna Poggio

EXHIBITOR BOOTHS AND SPONSORS

Dave Eder

DRUG TESTING

Nurses Sandy and Mark Pulio

MUSIC AND SOUND

James Goldstein -

LIGHTING AND STAGE SET

Anthony Iovene -

MASTER OF CEREMONIES

Andre St Clair

BACKSTAGE EXPEDITORS

Jerry Brimmer

Ray Little

Al Rodriguez

Isaac Moore

VIDEO PRODUCTION

Bob Marini - *New Dimension Cinema*

SECURITY

Larry Dwyer

Tom Lally

James Dolney

PJ Murray

TICKET BOOTH

Rich Cannone

Robert Poggio

1 Julio
Diaz



2 Ed Mazzuchelli



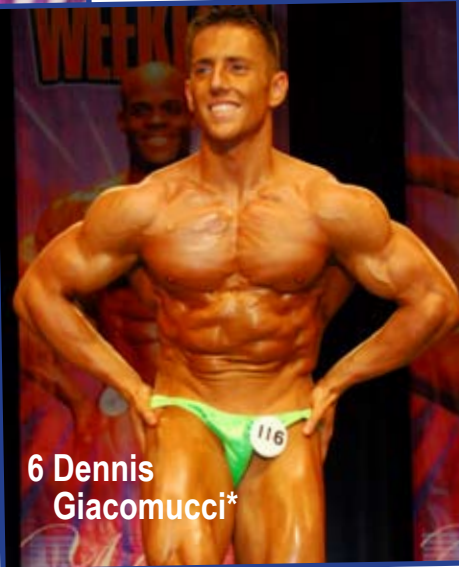
3 Michael
Harris-Love*



5 Jeff
Girard*



6 Dennis
Giacomucci*



7 Bill
O'Donnell



9 Phil
Dang*



10 Yi Zhang

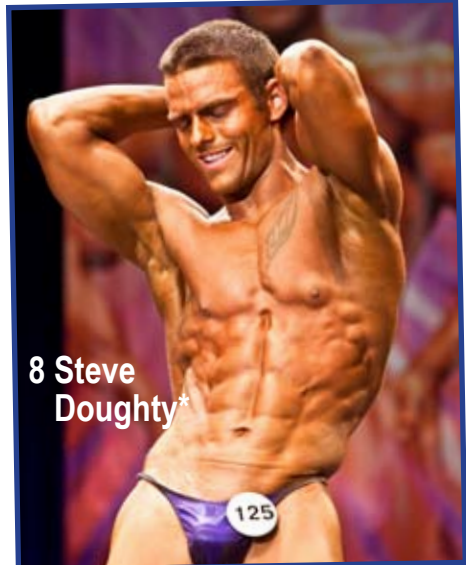


11 Chad
Frazier*





4 Laimondo
Trowell*



8 Steve
Doughty*



12 Tim
Moore*



13 Paul
Discipio*



14 Brian
Rose*

2010 FITNESS ATLANTIC LIGHT WEIGHT

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Julio Diaz	1
Ed Mazzuchelli	2
Michael Harris-Love*	3
Laimondo Trowell*	4
Jeff Girard*	5
Dennis Giacomucci	6
Bill O'Donnell	7
Steve Doughty*	8
Phil Dang*	9
Yi Zhang	10
Chad Frazier*	11
Tim Moore*	12
Paul Discipio*	13
Brian Rose*	14

*Competing in more than one class

JUDGES

Donna Poggio
Deidre McKinnon
Sherry Carature
Amanda Mantello
Nicole Costa
Lenny Courtemanche
Kendall Mallory
Matt Johnson
Jeff Beckham
Dennis Ceparano
Hugh Ross
Sean Larson
Pam Apostolou

PHOTOGRAPHERS

Todd Ganci
John Ryan
Gerry Paquette
Tom Couture
Leigh Hagan
Alan Barry

MODELING AGENCIES

Topher DesPres
Gedney Modeling Agency
North American Bodies

GRAPHIC DESIGN

Wade Robinson

WEBSITE

Mike Westerdal

Thank you Paul Dillett and the WBFF
for Professional Status for winners





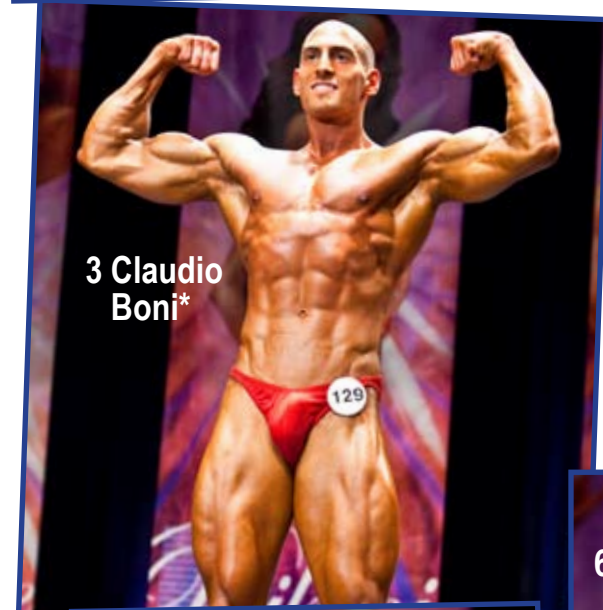
1 Domingo Tanco



2 Mike Craven*



1 Devone Pollard*



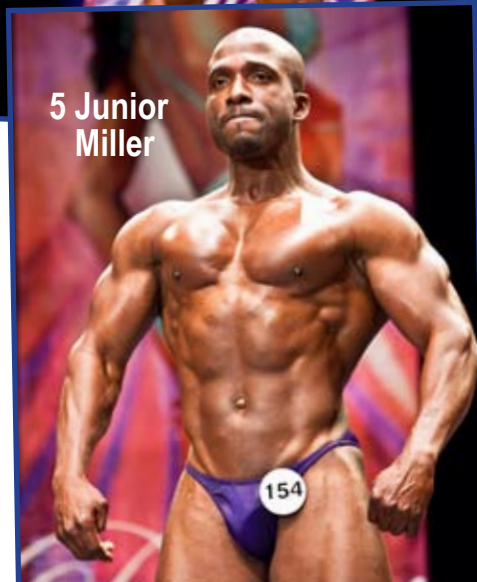
3 Claudio Boni*



4 Harry Zarrella*



3 Tony Scaife*



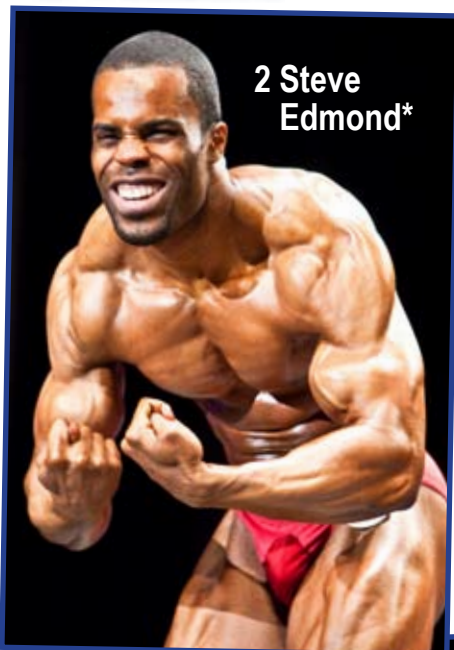
5 Junior Miller



6 Raheem Green*



7 Mike Costello*



2 Steve Edmond*



1 Edwige St. Juste



2 Dino Manchisi*

2010 FITNESS ATLANTIC MIDDLE WEIGHT

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Domingo Tanco	1
Mike Craven*	2
Claudio Boni*	3
Harry Zarrella*	4
Junior Miller	5
Raheem Green*	6
Mike Costello*	7

*Competing in more than one class

2010 FITNESS ATLANTIC LIGHT-HEAVY

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Devone Pollard*	1
Steve Edmond*	2
Tony Scaife*	3

*Competing in more than one class

2010 FITNESS ATLANTIC HEAVYWEIGHT

April 17, 2010
East Haven, Connecticut

COMPETITOR	PLACING
Edwige St. Juste	1
Dino Manchisi*	2

*Competing in more than one class

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Bikini Champion

Wins \$500 Cash, \$300 Photo Shoot, WBFF Pro Card



Jodi LeBeau

Fitness Champion

Wins \$500 Cash, \$300 Photo Shoot, WBFF Pro Card



Pro Card Winners



Brittany Coutu

Womens Model Champion

Wins \$500 Cash, \$300 Photo Shoot,
WBFF Pro Card



Miguel Miranda

Mens Model Champion

Wins \$500 Cash,
\$300 Photo Shoot,
WBFF Pro Card



She'ree Biros

Figure Champion

Wins \$500 Cash, \$300 Photo Shoot,
WBFF Pro Card

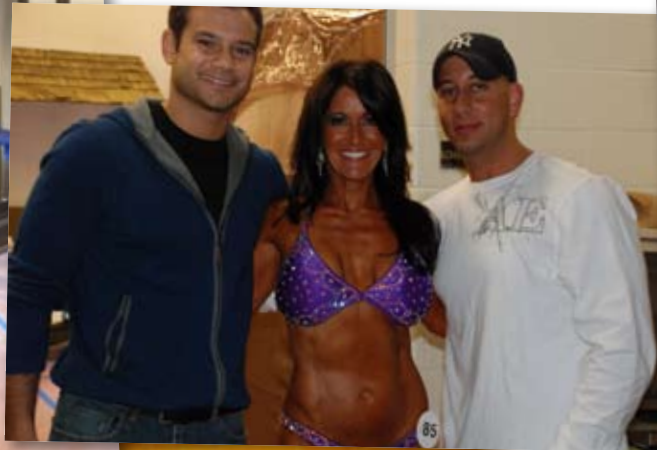


SOLD OUT



Hi Brian and Donna,
I wanted to drop you a quick email to say how fantastic I thought the show was. Check in was so smooth. The expeditors back stage were awesome. Ray was pleasure! (I have no idea how he kept his smile on all day!) And how can we forget the goodie bags!!! It was amazing and I'm already looking forward to the next one. You both did a fantastic job. I loved the show!!! You both rock!!!
Best regards,
Gina G





Hi Brian I enjoyed getting my fitness feet wet with your show. The ladies were very helpful and fun. Your staff was exceptional. They never let their energy drop.
- Gianna Miceli



Hey Brian
GREAT SHOW!!! As always... I think they just get better and better every year
- John Ryan



Hi Brian, Thanks so much for the great experience at Fitness Atlantic. It was my first time at a larger show and it was great to be around such a friendly and capable staff. I'll definitely be back next year! I had a great time!

- Kerri Wilson



Hi Brian
Thank you for allowing me the opportunity to be your official spray tanner again this year. I love being at your show because it offers something for every one. Thank you again and I look forward to next year.

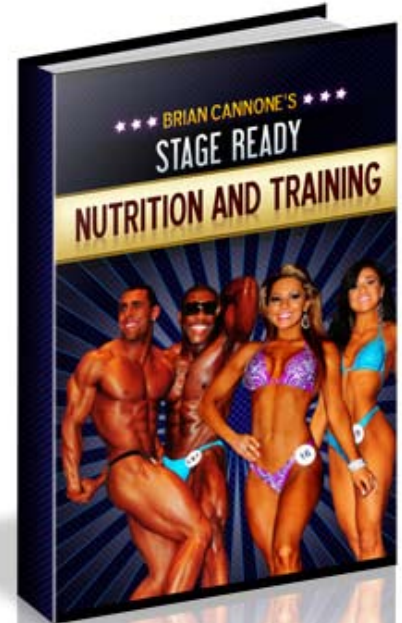
- Mary Beth Schlichte

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Hi Brian,
I just wanted to thank you for an awesome show this year. This was my first competition and I thought the event was very well organized and ran very smoothly. I've heard a lot of good things about the Fitness Atlantic and that's why I decided to compete there as my first show. I had a great time and look forward to competing again!!
Thank you so much,
Jennifer Nolte



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*The show was such a success! I am honored to have placed second in the short figure division and still in shock quite honestly!!!! Hard work pays off! I am sure you are reflecting and are grateful for all of the long hours you put in as well. The competitors LOVED the show. It was VERY well organized and honestly, the best experience I have ever had...not only because of the win...but because of the overall relaxed, but excited feel of the show. Everything flowed and team was so precise. Thank you again and I can't wait to do it again!
Angela Sweet*





*Hello Brian!
 Just wanted to drop you a quick
 line and say hello. I really enjoyed
 participating in the competition, I
 think I am hooked! Thanks so much
 for a great show. It was abundantly
 clear how much effort went into
 planning that event..
 Sincerely,
 Michalann*



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Letter from the Promoter

Dear Athletes, Sponsors, and Fans,

First off, I would like to thank the athletes who entered the 12th Annual Fitness Atlantic Championships. This event is entirely about the athletes and the commitment to their hard work and effort. The process of getting into competition condition with your physique takes months of dedication, determination and focus. I do my best in trying to provide the best experience in which you can showcase your efforts and have an experience that you are happy to be involved regardless of placement.

My approach and feelings about this event is that it is not only a sporting event but more of a way to motivate yourself and others to achieve results of losing body-fat along with improving overall health. By competing in natural fitness events you push yourself to be in your best possible shape of your life. In fact, I truly believe that it is more about the results you gain than the trophy you may take home with you. This is an event that the contestants can't loose for it is their physique that is the trophy and the process of getting into great shape that is the reward.

Secondly, I would like to give all of the participating sponsors my heartfelt thanks for being part of the exposition and your gift donations. Our event was a huge success, in part due to your help. The goodie swag bags were a hot item with your gifts. Thank you for your generosity and your quality products!

I would like to thank the family, friends and fans that show up each and every year to fill the seats. We do our best to produce an event that keeps you entertained from the opening of the curtain to the award presentation ceremony. The focus of the event is to run on schedule and be fun for everyone.

And I cannot forget my wonderful event staff which are incredible friends and the judges, photographers, and everyone that is involved in making this show such a success each and every year.

I look forward to seeing everyone again next season.

Sincerely,



Brian Cannone

website: <http://www.FitnessAtlantic.com>

follow: <http://twitter.com/FitnessAtlantic>

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Fitness link - <http://www.fitnessatlantic.com/compete-in-show/fitness-tip.htm>



Model link - <http://www.fitnessatlantic.com/compete-in-show/modeling-tip.htm>



Muscle link - <http://www.fitnessatlantic.com/compete-in-show/muscle-tip.htm>

