

**The 2011 IFPA PRO USA**  
**Bodybuilding & Figure Championships**  
**By Tina Smith**

July 16th was simply a Beautiful summer day in Sacramento, California as 30 amazing IFPA professional bodybuilding and figure competitors entered Bob Bell & Tina Smith's annual event in hopes of winning part of the over \$10,000 in cash awards. The stage was beautifully set, and the performing arts center completely sold out as audience members eagerly anticipated the incredible quality of these athletes. There was exceptional comradery on stage and off, and the competitors all seemed thrilled to be part of this event as they were presented with outstanding sponsored gift bags, and beautiful *Body Shield* work out towels.

The competition began with women's bodybuilding, and this was an exceptional line-up of muscular and gorgeous ladies on stage. The fifth place spot went to Linda Bettencourt who won her Pro status at this event in 2010. Linda has beautiful lines, and great definition. Liza Reichenberger was fourth with awesome shoulders, chiseled arms, and great detail in her quads. She always looks to be having a blast on stage, and Liza's posing routine was quite entertaining for all. Third place and \$500 went to Cindi Criss whose super-sharp conditioning was hard to overlook. Cindi was tight everywhere, and her superbly etched abs were best of show. Cathy Vail demonstrated a solid amount of muscularity everywhere and her side chest pose; textbook perfect! Cathy had a smile at every turn, and happily took home the \$1000 check for second place. Here's the question: who will unseat the reigning world champion and undefeated Patricia Beckman??? Her dominance at this event was candidly clear as judge's comments ranged from "Superb" to "Unbelievable". Patricia's perfect symmetry and incredibly full muscles are amazing to see. Her shoulders prevail, her lats unmatched, and detailed are her legs; front and back. Patricia earned the \$2000 check, IFPA championship ring, and a shiny new pair of GATORZ sunglasses for the Best Posing Routine!

Twelve phenomenal guys were up next in this highly anticipated contest. The Pro Men were drilled through countless comparisons and eventually the finalists emerged. New Mexico's Aaron Bubbico landed in fifth with exceptional conditioning, and a detailed amount of muscle on his smaller frame. David Weaver held a ton of muscle in the fourth spot, and his quads were incredibly impressive. Russell Harleston made the trek from New York, and celebrated his 24<sup>th</sup> birthday with a top-three placing. Russell has an amazing v-taper, and super pronounced lats. Moji Oluwa has been on this stage before, and he improves every time. His symmetry is unrivaled, and Moji's Olympic lifting background is evident with astounding detail in his quads and back. Kiyoshi Moody was edged out of the Pro USA title last year by IFPA World Champion Philip Ricardo, but this year Kiyoshi maintained his incredible size, and had the ripped condition to match. As Kiyoshi entered the stage, one could hear over 800 voices in unison say: "Wow". Cheers followed as Kiyoshi was presented with a well deserved

championship ring, and \$2000 prize. Harry Hudley Jr. made his pro debut here, and showed a beautifully inspirational routine to be awarded Best Poser, and the GATORZ glasses.

Onto the Women's Figure contestants. Of note in this group was a former world champion and Sacramento's own Michelle Shepherd's name in the program, but absence from the stage as she contracted a terrible virus the week of the show. Eight lovely girls did hit the stage, all of them ready to proudly and elegantly display their hard won muscles. Always in great shape was Bren Norris O'Neill in the fifth spot. Bren showed off shapely quads, and striated shoulders. Mayra Plata-Perea was fourth with wonderful structure, pronounced delts, and a sexy smile. Laura Bailey hit the stage with a ton of confidence and a stellar walk to earn Best Presentation as well as the 3<sup>rd</sup> place award. Laura has a solid amount of muscle, wide back, and rounded glutes. Same as 2010, Trish Wood was the runner-up with excellent symmetry, full muscles, nice back development, and diamond calves. Also the same as last year, though this time by just one-point Chrissy Zmijewski snagged the Pro USA title. Chrissy has perfect lines, dominant shoulders, etched abdominals, detailed quads, and superb hamstrings. Her stage presentation and posing were impeccable as well. It was an amazing day for all and special thanks to the judges, backstage crew, and sponsors who always support our California Natural Muscle events! See you next summer!