

# Class of 2010

Brian Cannone's

# FITNESS ATLANTIC.com CHAMPIONSHIPS



# Class of 2010

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.







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

Thx Jean

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







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





Thanks to our *Sponsors*  
for our *Goodie Bags*  
and much more....



**VALUED**  
Close to  
**\$50,000**  
in prizes and gifts

**AS Research** - Overall Champion  
One Year Supplement Contract  
<http://www.1shoppingcart.com>



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





Class of 2010

**FITNESS**ATLANTIC.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







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



Thanks to our *Sponsors*

## ORBITAPE BODY MASS TAPE MEASURE

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



**Sequoia**  
Fitness Products USA

<http://www.sequoiafitness.com>

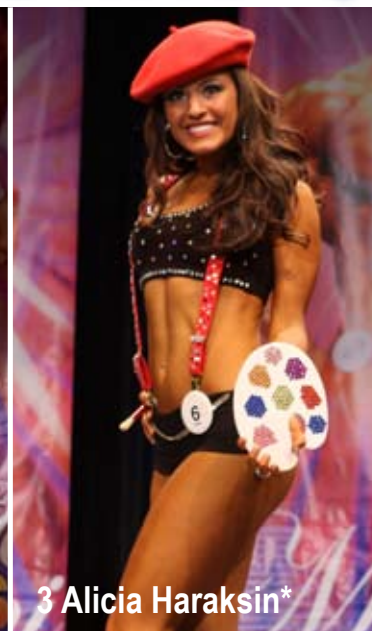




1 Tiffany Tillinger



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

Thanks to our **Sponsors**

**Discount Supplements** -200 T-Shirts  
<http://www.discountsupplements.com/>

**NRGX Labs** - 200 T-Shirts  
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**NRGX  
LABS**

**Max Muscle West Hartford** -  
200 T-Shirts  
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**Custom Trophies** - 111 trophies  
Top 5 in each class and Overall Winners  
(\$5000)



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magazines (\$1000)  
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**Status Magazine** - Featured Athlete in  
Photo Shoot Full-Spread

**STATUS**<sup>®</sup>





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 Oat Zalewski



13 Danielle Baldwin\*



13 Lisa LaRosa\*



15 Emily Lind\*



16 Annie Gauthier\*



# Bikini Medium Class

## 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

6 Jaclyn Briggs\*

12 Jennifer Pierce

16 Melissa  
Lambert

18 Christina Quinonez

19 Tamiya Skinner

## Thanks to our Sponsors

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



### NRGX Labs -

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



### Ultimate Nutrition

200 - muscle juice samples (\$200)  
<http://www.ultimatenutrition.com/>





# 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\*



12 Sarah Hoots

## 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

Thanks to our *Sponsors*



**Max Muscle West Hartford** (\$4000)

200 - magazines

200 - t-shirts

200 - shaker cups

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**Ostrim** (\$100)

200 - bite size meat sticks

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**Flexus Sports** (\$100)

200 - 5-Tetra samples



**ISS Research**

200 Oh Yeah Bars (\$500)

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**USP Labs** (\$8000)

200 Samples of OxyElite Pro (Our new super-thermogenic)

200 Samples of Jack3d (The #1 selling pre-workout in the US)

200 Asteroid Stack manuals (\$39.99 value, full of nutrition and training info)

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





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

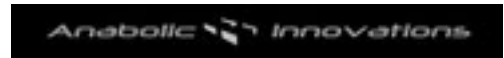
\*Competing in more than one class



## Thanks to our Sponsors



**Sahale Snacks Nuts** - (\$200)  
200 samples <http://sahalesnacks.com>



**Anabolic Innovations** - (\$200)  
200 each of 2 products  
Perform and Motivate  
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**Supreme Protein** - 200 bars (\$500)  
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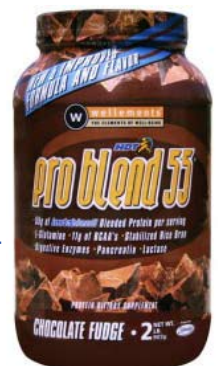


**Eggwhites International** - (\$1000)  
\$50.00 Gift Certificates to All Class winners and \$20.00 Off coupon for 200 bags [www.eggwhitesint.com](http://www.eggwhitesint.com)



**Topricin** - 2 oz samples Tubes plus Gift Basket to Raffle (\$200)  
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**Wellements** -  
4 full-size protein  
Product samples  
(\$200) we gave these  
to the 4 people up for  
Crowd Favorite Award  
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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 then one class



## Thanks to our Sponsors

**TGanci Photo Shoot** - Gift Certificate  
Figure Overall Winner 2 hour studio  
shoot (225-250 shots taken) - (\$265  
Value) providing ALL THE SHOTS the  
same day as shoot! Visit TGanci Web  
site to purchase your contest photos.  
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**Big Bully Nutrition** -  
3 Nitric Oxide 5000 Bars to each bag.  
Estimated retail value is \$22.32 per box.  
(\$1116)  
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**Ironman** - 200 Magazines (\$1000)  
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**Fight Magazines** - 200 magazines  
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1 Jodi  
LeBeau\*



2 Alicia Haraksin\*



3 Jessica Halbert\*



5 Tish D'Amore\*



6 Caitlin McCann\*



8 Julie Chapleau\*



9 Kelly McNeil\*





## 2010 FITNESS ATLANTIC FITNESS

April 17, 2010  
East Haven, Connecticut

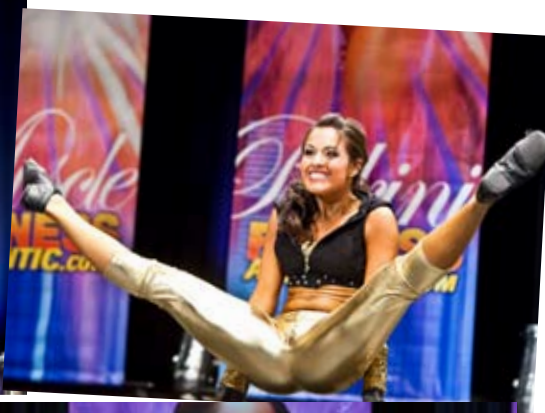
COMPETITOR	PLACING
Jodi LeBeau*	1
Alicia Haraksin*	2
Jessica Halbert*	3
Jaclyn Briggs*	4
Tish D'Amore*	5
Caitlin McCann*	6
Maura Cullen	7
Julie Chapleau*	8
Kelly McNeil*	9

\*Competing in more than one class

4 Jaclyn Briggs\*



7 Maura Cullen



Thanks to our *Sponsors*



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

<http://www.vpxsports.com>

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

<http://www.1shoppingcart.com>

**Celsius** - 200 Celsius drinks (\$400)

<http://www.celsius.com>



**Muscle Brownies** - 200 brownies (\$400)

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







1 Brittany  
Coutu\*



2 Madalena Dos Santos\*



3 Lori-Ann Marchese\*



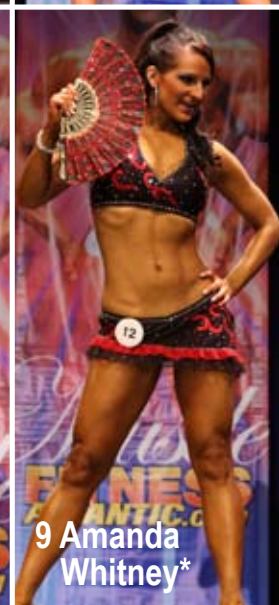
4 Pamela  
Fung\*



7 Natalie Dudina\*



8 Jessica Bergenfield\*



9 Amanda  
Whitney\*



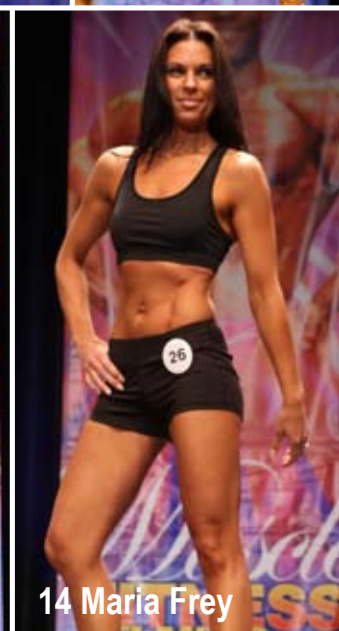
11 Elizabeth Shenk\*



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)

<http://www.cytosport.com>



**Wellements** - 200 bags of mixed minis and brochures

Geri Conner [gconner@wellements.com](mailto:gconner@wellements.com)

<mailto:gconner@wellements.com>

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Tina Payne

Sales & Marketing

Manager

<http://www.thinkproducts.com>

<http://www.thinkproducts.com>



**Egg Whites International**

Jeff 'JD' Dowd

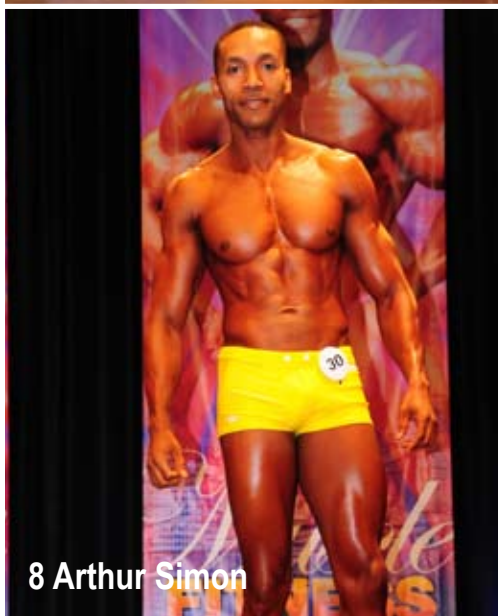
National Sales Mgr.

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

**Muscle Pharm** - Samples of our newest UNRELEASED product MuscleGel,









# Model Men



4 William Miller



7 Paul DeRienz

<b>2010 FITNESS ATLANTIC MODEL MEN</b> 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*

## Supreme Protein

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Kelly Conklin

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

[kellyc@prosource.net](mailto:kellyc@prosource.net)

[kelly@supremeprotein.com](mailto:kelly@supremeprotein.com)



**USPlabs, LLC** - Ultra-Premium Supplements

Casey Bard | Vice President

PRODUCT EDUCATION and

PROMOTION

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**Udi's** - 200 samples Granola and Gluten Free Foods

<http://www.udisfood.com>



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Rob Moran

Director of Sales and

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Email: [Rob@Scivation.com](mailto:Rob@Scivation.com)

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

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



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[casey.bowen@smallplanetfoods.com](mailto:casey.bowen@smallplanetfoods.com)



# Figure Short Class





# Figure Short



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



## Thanks to our Sponsors

### Advanced Research Press -

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for Women  
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[Maria\\_Hannon@conair.com](mailto:Maria_Hannon@conair.com)  
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### Protos Foods, Inc. -

Marsha Koehler  
Customer Relations Manager  
E-mail [marshak@westol.com](mailto:marshak@westol.com)

### 5-Tetra -

Brian,  
Nice work with the site and with your  
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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  
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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

## Thanks to our Sponsors

### Animal Pak -

200 protein packets \$200

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### Gaspari Nutrition -

400 SuperPump 250

400 Size On

400 Cytolean

400 Plasma Jet

(\$1000)

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### Revolutionary Technology Nutrition

200 protein packets (\$200)

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### Elations

200 boxes of Elations Drink joint supplement (\$400)

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### Chef Jay's Food Products

200 Tri-O-Plex sample bars (\$100)

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## THANKS TO ALL MY SPONSORS

Brian Cannone





**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 then one class



## Thanks to our Vendor Booth Sponsors

Andee Swimwear LLC -  
Kim Beaudoin



Fultons Fitness -



Gedney Modeling Agency -

<http://www.thegedneyagency.com>





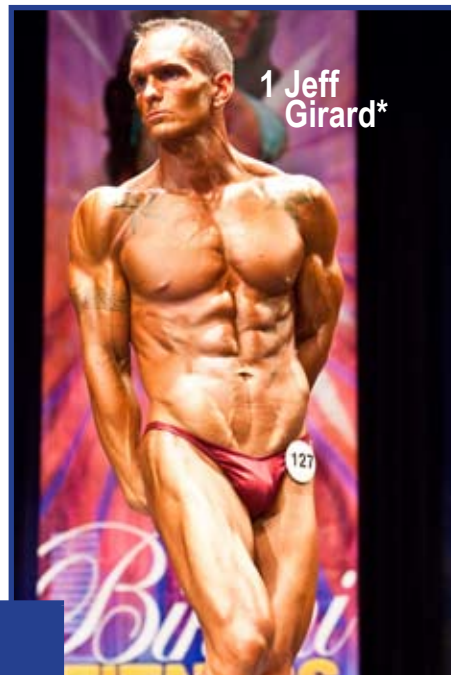
1 Michael Craven\*



2 Harry Zarrella\*



1 Jeff Girard\*



## 2010 FITNESS ATLANTIC JUNIOR MEN

April 17, 2010  
East Haven, Connecticut

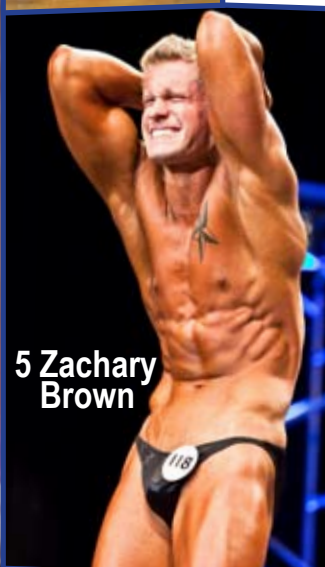
COMPETITOR	PLACING
Michael Craven*	1
Harry Zarrella*	2
Dennis Giacomucci*	3
Bill O'Donnell*	4
Zachary Brown	5
Phong Dang*	6
Robert McIntosh	7
Dylan MacLean*	8

\*Competing in more than one class

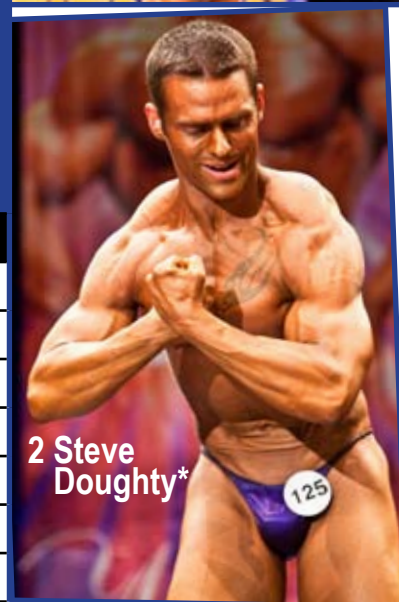
3 Dennis Giacomucci\*



5 Zachary Brown



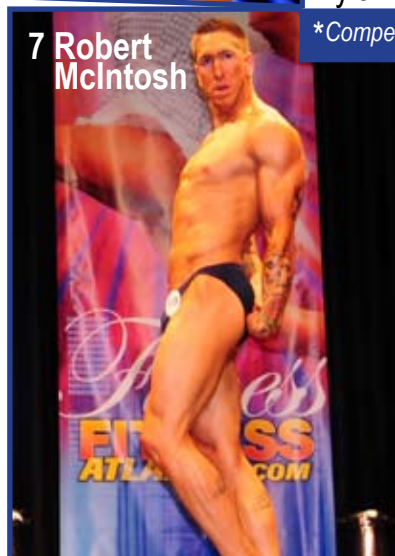
2 Steve Doughty\*



6 Phong Dang\*



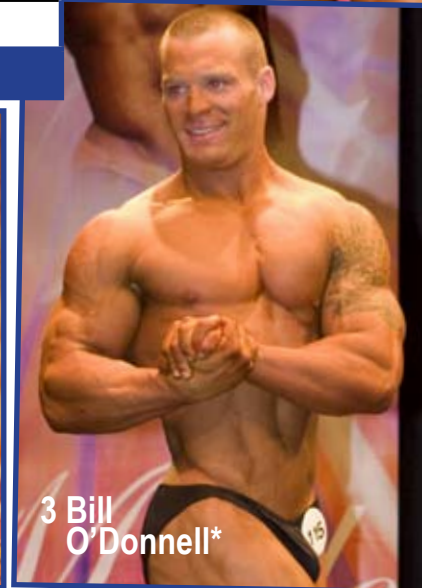
7 Robert McIntosh



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

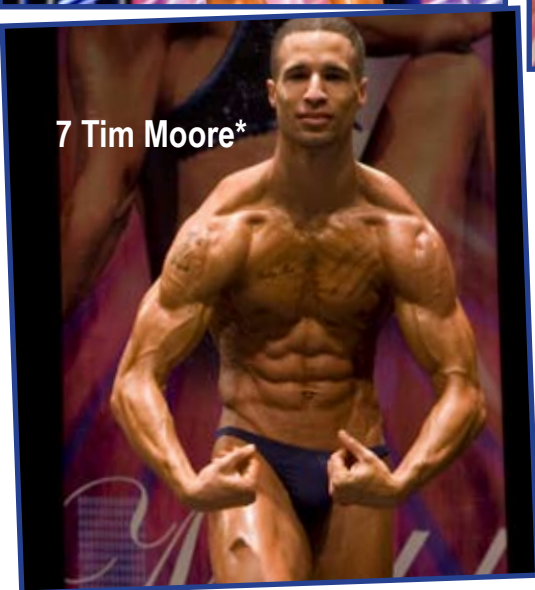
5 Phil Dang\*



6 Dave Williams\*



7 Tim Moore\*



8 Brian Rose\*



Thanks to our  
Vendor Booth Sponsors

Celsius -



Proteem Nutrition -

<http://www.proteem.com>



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 then one class

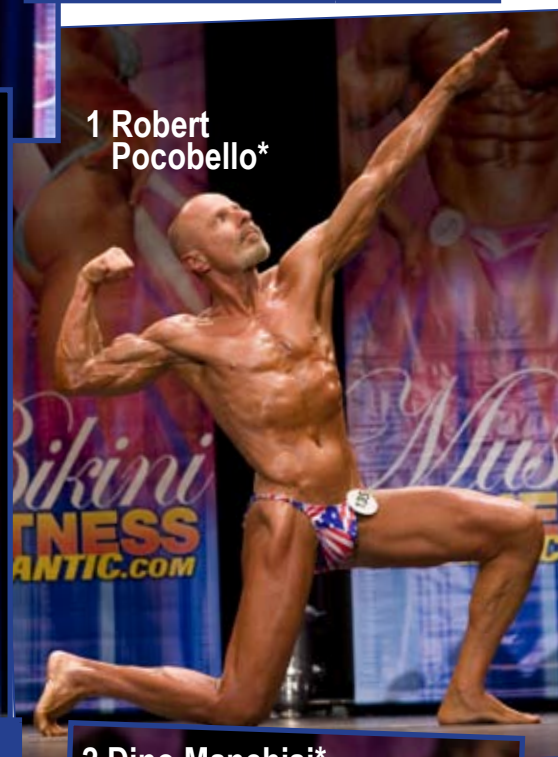
3 Jay Alvarez\*



4 Raheem Green\*



1 Robert Pocobello\*



5 Tony Scaife\*



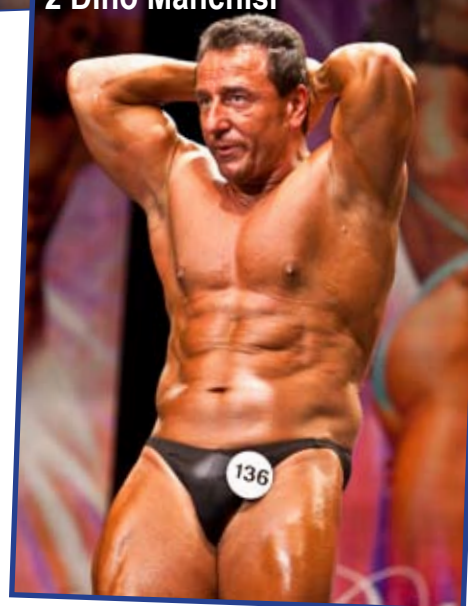
## 2010 FITNESS ATLANTIC NOVICE HEAVY

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 then 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

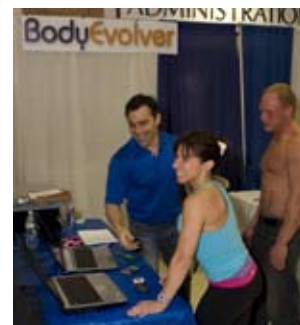
\*Competing in more than one class



7 Mike Costello\*

## Thanks to our Vendor Booth Sponsors

BodyEvolver.com - Mike D'Angelo



Natural or Nothing Clothing -  
<http://www.naturalornothing.com> -



Protege Cafe -



The Fitness Atlantic DVD booth -



Critical Bench - Webmaster Mike



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



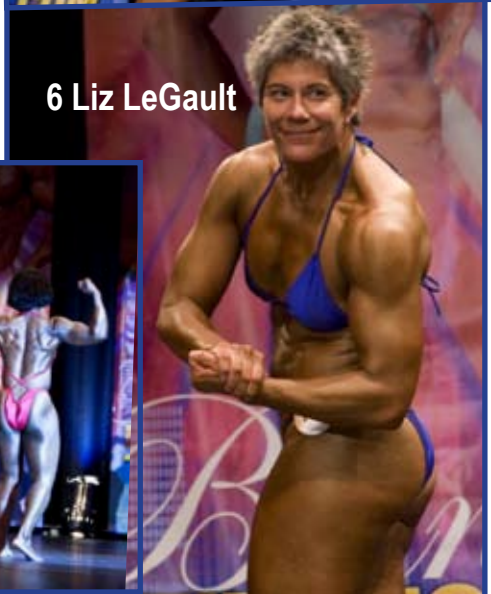
3 Patricia Sweeney



5 Sandra-Dee Headley



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



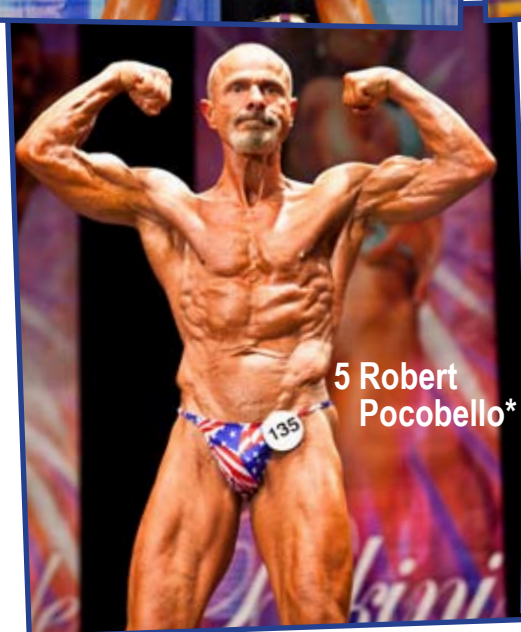
2 Brian Roach



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



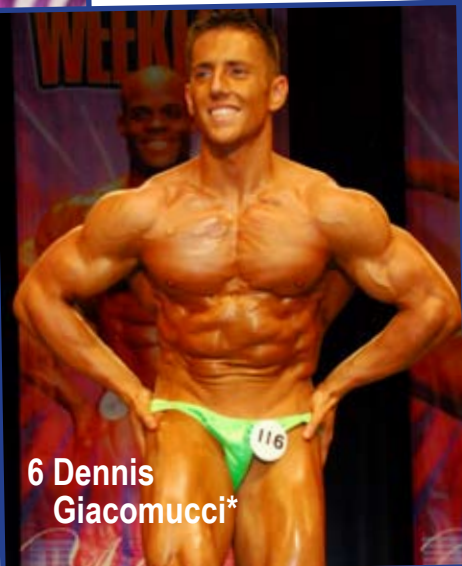
3 Michael  
Harris-Love\*



5 Jeff  
Girard\*



6 Dennis  
Giacomucci\*



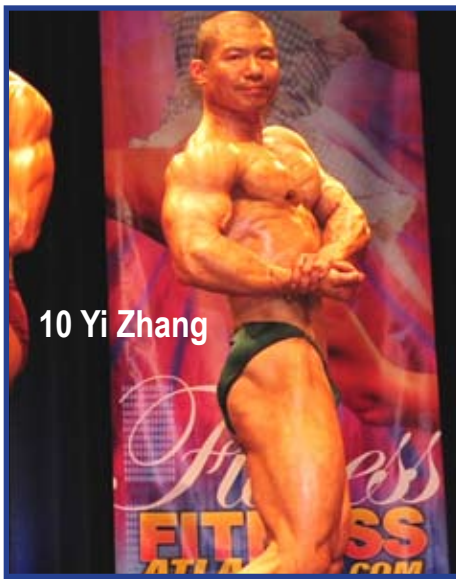
7 Bill  
O'Donnell



9 Phil  
Dang\*



10 Yi Zhang



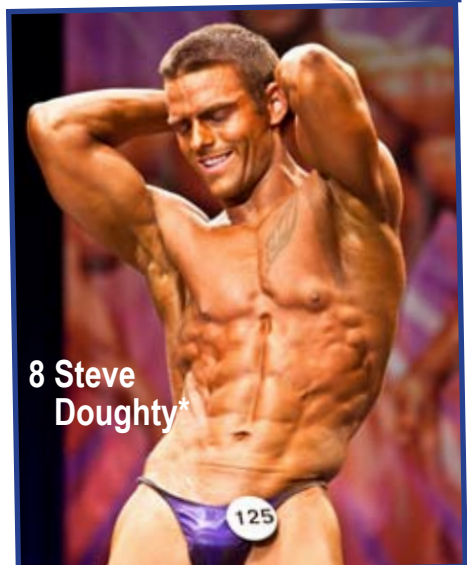
11 Chad  
Frazier\*







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

## Thanks to our Event Staff

### 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

Tophers 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







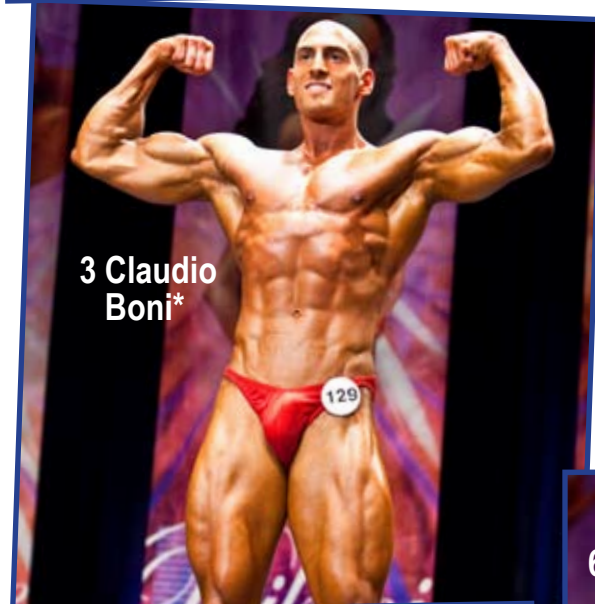
1 Domingo Tanco



2 Mike Craven\*



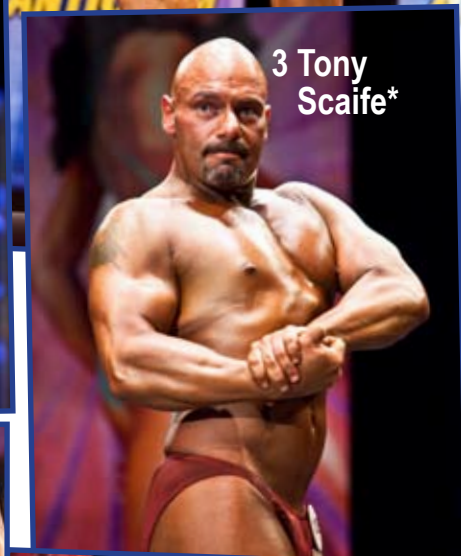
1 Devone Pollard\*



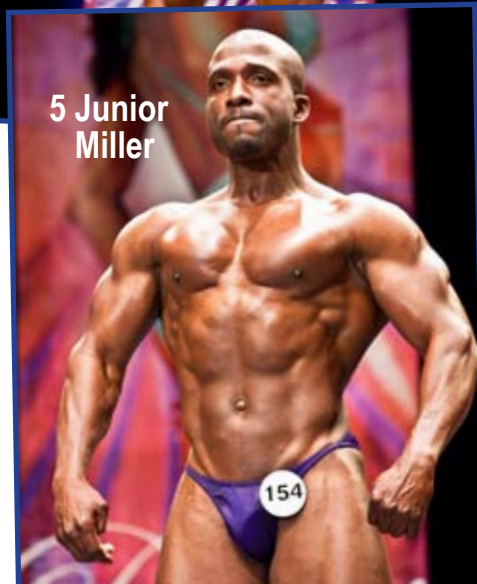
3 Claudio Boni\*



4 Harry Zarrella\*



3 Tony Scaife\*



5 Junior Miller

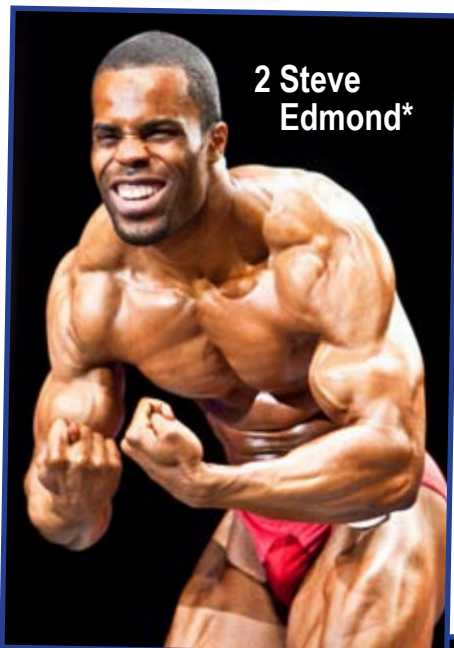


6 Raheem Green\*



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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## Julio Dias Jr

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## Tiffany Tillinger

### 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





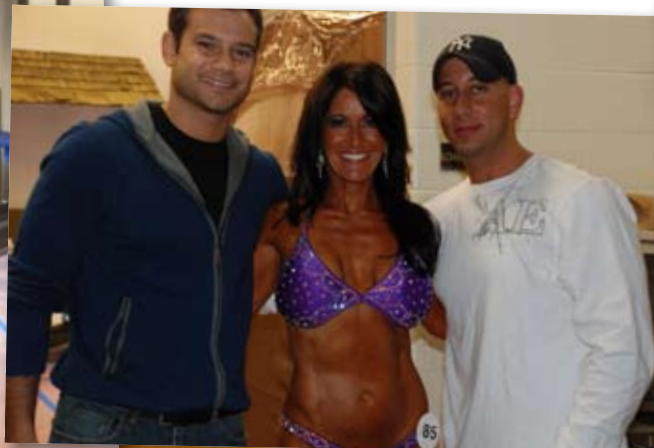
**SOLD OUT**



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



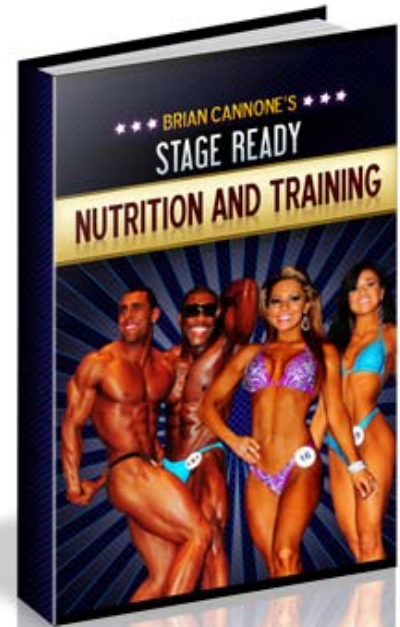
Hi Brian  
 Thank you for allowing me the opportunity to be your official spray tanner again this year. I love being at your show because it offers something for every one. Thank you again and I look forward to next year.

- Mary Beth Schlichte

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[http://www.fitnessatlantic.com/  
compete-in-show.htm](http://www.fitnessatlantic.com/compete-in-show.htm)



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







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 then 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>

friend: <http://www.facebook.com/BrianCannone>

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**ATLANTIC.COM**

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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>

