

# 2010 IFPA PRO USA & NANBF California Natural Muscle Mayhem Bodybuilding & Figure Championships

## NEWS ALERT

**What:** The IFPA (International Fitness and Physique Association) Pro USA & North American Natural Bodybuilding Federation (NANBF) California Natural Muscle Mayhem Bodybuilding & Figure Championships will be held in Sacramento on July 17, 2010. The mission of the NANBF is to promote natural strength training and bodybuilding, while educating the public of the dangers of drug usage in sports activities. Competitors follow strict drug testing regulations including a seven year drug-free requirement assessed by a polygraph exam and urinalysis testing. Previous events have consistently included 100 athletes from all over the US and Canada.

Championship activities will include a morning pre-judge competition where athletes will complete mandatory poses, and are scored against each other. During the finals competition, bodybuilding competitors will do a posing routine to music, and Figure contestants perform a stage walk. Professional divisions will be awarded cash prizes (\$10,000 total). Awards are presented for each class, and the amateur overall winners in the Open categories will also receive professional status wherein they can then apply to compete with the IFPA.

The promoters of the contest, lifetime natural athletes Bob Bell and Tina Smith are both professional natural bodybuilding competitors. Bob and Tina work in the Elk Grove School District and spend much of their time speaking to high school health classes and sport teams about the dangers of steroid abuse, and they preach the attributes of exercise and sound nutrition.

**Who:** IFPA competitors in the following categories:

Pro Men's Bodybuilding

Pro Women's Bodybuilding

Pro Women's Figure

NANBF competitors in the following categories:

Teenage BB

Masters BB (Women over 35 years of age, men over 40) Grand Masters (over 50 years)

Novice BB (first time competitors)

Open BB (more experienced competitors who have won Novice events)

Women's Figure: an overall fit look -not extreme muscularity- accentuate beauty & poise

**When:** Saturday, July 17, 2010  
Pre-judge competition: 9:30 a.m.  
Final Competition: 4:00 p.m.

**Where:** Sheldon High School Performing Arts Center  
8333 Kingsbridge Dr., Sacramento

**Contact:** Tina Smith or Bob Bell at (916) 354-1769  
[www.californianaturalmuscle.org](http://www.californianaturalmuscle.org)