



Tina Smith and Bob Bell
Promoters

IFPA Pro USA 

Over \$10,000 in Cash Prizes!!!

Pro Men Pro Women Pro Figure



Moji Oluwa



Katy Wayman White



Chrissy Zmijewski

**NABE CALIFORNIA NATURAL
MUSCLE MAYHEM**

July 17, 2010

7 Year Drug Free Event

Polygraph & Urine Tested!!

Pro Qualifier

Sheldon High School Performing Arts Center
8333 Kingsbridge Drive

Sacramento, CA

For Information & Entries

(916) 354-1769

CaliforniaNaturalMuscle.org



CONTEST COVERAGE BY:

FITNESS
MAGAZINE
& Physique

PRE JUDGE	\$15-\$20	9:30 am
FINALS	\$25-\$30	4:00 pm
ALL DAY PASS	\$35-\$45	



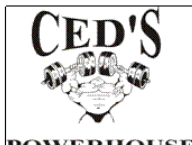
Trish Wood
2009 Capital City
Overall Champion



Elk Grove
916.688.8795
Arden Way
916.927.8183



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Elk Grove
916.685.7085



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