



## OCB Southern Rockies Natural September 11, 2010 – Los Alamos, New Mexico

**Location:** Duane Smith Auditorium, 1300 Diamond Drive, Los Alamos, New Mexico

**Show Times:** Pre-judging: 10 am, Finals: 6 pm – Doors open at 5:30pm

**Divisions:** Men's Bodybuilding: Men Masters over 60, Men Master over 50, Men Master over 40, Jr. Men, Teen, Men Novice, and Men Open. Women's Bodybuilding: Women Masters over 35, Women's Novice and Women's Open.

Women's Figure: Masters over 35, Novice, and Open. Each class will be broken down to even out classes unless there is a wide difference of weights and heights. Women Fitness Model: One class open to all. For more info on division guidelines, visit the OCB website at [thenaturalmusclenetwork.com](http://thenaturalmusclenetwork.com). Click OCB on top, then Guidelines at the top.

**Classes:** Bodybuilding classes are split evenly by weight in the manner specified in the OCB Guidelines. Figure classes are split evenly by height in the manner specified in the OCB Guidelines.

\*We reserve the right to add or delete divisions/classes if necessary.

**Division Details:** Novice Division: Open only to those who have not placed first in any class besides Teen within any division in the same category (Ex. Figure) with any organization (unless was the only competitor in the class). Eligibility will be verified during registration. Masters Divisions: Open only to those falling into the stipulated age range (ex. 40+ is age forty and over). Teen Division: Open only to those who are age 19 and under. Junior Division: Open only to those under age 23. Open Division: Open to anyone regardless of age and level of experience.

**Crossovers:** A "crossover" is entering more than one division. For example, someone may enter the Novice division, if eligible, and also elect to crossover into the Open division and compete in it as well. Crossovers are permitted within a category (categories are Bodybuilding, Figure and Fitness Model). Crossovers are allowed from Fitness Model to Figure. Crossovers are not allowed from bodybuilding to Fitness Model or Figure. All division class winners advance to overalls.

**Registration and Check-in:** 11:00am to 4:00 pm - Friday, September 10<sup>th</sup> at guest hotel. No polygraph testing on day of the show. Photo identification will be verified prior to contest and polygraph test. If any competitors do not report for check-in prior to 4pm they will be scratched from the show.

**Contestant meeting:** 9:00 am- Saturday, September 11<sup>th</sup>, Duane Smith Auditorium (before pre-judging)

**Fees:** Entry \$40 for first entry, \$25 for cross-over, postmarked by 08/27/2010. There will be a \$25 late fee for entries postmarked after 8/27/2010. No entries will be accepted after 9/10/2010 - No walk-ins day of the show. Polygraph Test: \$45 payable to the examiner at the time of testing- cash or money order only, no checks.

**Routines:** Routine length 60 secs for bodybuilding. Props allowed. House music is used for Figure and Fitness Model competitors at prejudging. Figure and Fitness Model competitors can use house music at finals also, or can furnish their own music. Please indicate on your entry form if you would like to use House Music. If electing to supply own music for the stage walk at finals at least 90 seconds of music should be provided with entry. Music can be faded out as competitors exit the stage area if longer than actually needed. Music is to be provided on CD only.

**Music:** Contestants must submit a CD-R preset to a maximum of 60 seconds for bodybuilding routines and 90 seconds for Figure competitors. Please no copies from MP3. Contestants are encouraged to submit music with entry so promoters can make sure your music is compatible with the auditorium system. If not sent with entry, music is due at the time of Registration on 9/10. If your CD is not presented by registration OR is not set to 60 seconds/90 seconds, the DJ will play substituted music. Please also make sure that your music does not include any inappropriate language.

**Tanning Services:** On Stage Image will provide tanning services for a fee. To make an appointment please contact Roxana Kreklo at 604-846-5777 or 512-828-1437. However, they prefer that you schedule your appointment via email to [onstageimage@me.com](mailto:onstageimage@me.com). For information on OnStage Image Tanning Service, please visit their website at [www.onstageimage.com](http://www.onstageimage.com). Book early so you are not up until midnight the day before the show.

**Tickets:** Advance tickets will be sold via the attached form and can be picked up at the ticket window the night of the show. Tickets will also be on sale at the Los Alamos Fitness Center the week of the show and at the door the day of the show. Prices are as follows:

Advance Tickets:

Adult General Admission Prejudging \$10, Children 12 and under \$5, Adult Finals \$15, Children 12 and under \$5. Adult Combo: \$20.00. Trainers Ticket (All-Day) \$15.

Day of Show:

Adult General Admission Prejudging \$15, Children 12 and under \$10, Adult Finals \$20, Children 12 and under \$10. Adult Combo: \$30.00. Trainers Ticket (All-Day) \$20.

\*All children (including infants) must have a ticket due to the theater's fire regulations and codes – **NO EXCEPTIONS.**

**Refunds: NO TICKET OR DISQUALIFIED COMPETITOR REFUNDS.** If by chance you are excluded from this contest as consequence of not passing the polygraph examination, or for theatre infractions and asked to leave, there will be **NO REFUNDS** for the test, entry fee, and ticket sales or for any other financial obligations associated with this contest.

**Payment:** Send Entry Form and Advance Ticket Sale information to: Carrie Montoya-Pegg, Los Alamos Fitness Center, PO Box 36, Los Alamos, NM 87544.

**Host Hotel:** Best Western Hilltop House Hotel, 400 Trinity at Central, Los Alamos, NM 87544. Group rates starting at \$69.95 plus tax per night for double queen rooms and business suites. Cutoff date to make reservations is August 26, 2010. After this date, rooms or group rates will no longer be guaranteed. Guests may book their rooms by calling the front desk at 505-662-2441 or toll free 1-800-462-0936 and mentioning OCB Southern Rockies Natural Group Block. Reservations on-line or through a travel agency will not fall under the group block. More information on the Best Western Hilltop Hotel along with a list of amenities can be found at their website, <http://www.bwhilltop.com>.

**Awards:** Custom awards for top 3 placements in each class. Best Poser award.

**Backstage policy:** Only one trainer per contestant allowed backstage. Trainer MUST buy a trainers ticket, which is good for General Admission and backstage access. Only competitors, trainers, auditorium and show staff will be allowed backstage. Children, family or friends will not be allowed backstage or in the pump area.

**Drug Testing:** Polygraph testing for all bodybuilding & figure competitors (If in Fitness Model only, not required to take the polygraph exam). Polygraph testing must be completed by Friday, September 10<sup>th</sup>. No polygraph testing on day of the show. \$45 payable in cash or money order to the polygraph examiner at the time of testing. Photo identification required. Results from recent polygraph exams performed for other contests will not be honored. It is the competitor's responsibility to ensure they are polygraph tested for the event. If any competitors are not polygraph tested for the event they are ineligible for competition. Plus all competitors subject to additional forms of testing, if requested, at the discretion and expense of the promoter. Polygraph testing will be held at the guest hotel in Los Alamos, NM and possibly in Albuquerque, NM depending on the number of competitors. Stay tuned for details. Promoter will contact entrants 1-2 weeks before the show to schedule appointments for testing.

**List of Illegal Drugs:** List of illegal drugs and over the counter supplements that are banned from the OCB is located on [www.ocbwebsite.com](http://www.ocbwebsite.com). It is the competitor's responsibility to know what drugs and supplements that are banned. There are supplements that are legal but may show positive on a urine test. OCB policy states that if a competitor shows positive taking these supplements, the competitor will be disqualified. Know what you are taking.

**OCB Membership:** You must be a current member of the OCB to enter this contest. No expired membership cards will be accepted. The fee is \$50.00; you are encouraged to satisfy this requirement before the competition. Please indicate your membership number on the applications. All OCB cards will be checked when you register on Friday, September 10<sup>th</sup>, 2010. OCB membership forms are available on the OCB website. You may purchase memberships at time of check-in; you will not be able to compete until this requirement is settled.

**Equipment:** Will be provided for pumping up. You may bring your own, however Duane Smith Auditorium and/or Los Alamos Fitness Center will not be responsible for lost items.

**Valuables:** You should not bring any valuables into the competition; leave them in your hotel room or with your companions. Duane Smith Auditorium and/or Los Alamos Fitness Center will not be responsible for lost items.

**Photographs:** Is allowed and encouraged. A professional photographer will also be present to take pictures of you individually and during show times. Details on how to purchase photos will be provided by the photographer. **PLEASE MAKE SURE TO GET YOUR PICTURE TAKEN DURING PREJUDGING EVEN IF YOU NOT INTERESTED IN PURCHASING PHOTOS. THESE PICTURES WILL BE USED FOR OUR RESULTS PAGE OF OUR WEBSITE.**

**Video Taping:** Both prejudging and finals will be video taped and sold after the competition. Details will be sent via email.

**Provide Promoter With Email Address:** It would be to your advantage to provide Carrie Montoya-Pegg your email address so that you can receive all updates and details regarding the competition. Your email address can be provided via email to [carrielaqc@yahoo.com](mailto:carrielaqc@yahoo.com) or you can call Carrie at 505-662-5232 (Los Alamos Fitness Center).

**Directions:** Please use mapquest.com or Yahoo.com maps to get exact directions from your location.

**Promoter's Contact Information:** Carrie Montoya-Pegg, Email: [carrielaqc@yahoo.com](mailto:carrielaqc@yahoo.com) Telephone: 505-662-5232 and Kent Pegg Telephone: 505-662-5232.

**DANCE COMPETITION:** This year we will be also hosting our 2<sup>nd</sup> annual dance competition. If interested in details on how to enter a dance group, please contact Carrie Montoya-Pegg, Email: [carrielaqc@yahoo.com](mailto:carrielaqc@yahoo.com) Telephone: 505-662-5232.

## **Additional Information:**



### **FREE Access to Los Alamos Fitness Center for Competitors**

All competitors will be provided with FREE access to Los Alamos Fitness Center (LAFC) Thursday, September 9<sup>th</sup>-Sunday, September 12<sup>th</sup>, 2010. LAFC is located at 771 Central Avenue, across from Smith's Grocery Store. Simply stop by the fitness center front desk and let the staff know you are a competitor in the Southern Rockies Natural and to complete a liability waiver.

### **Host Hotel**

Best Western Hilltop House Hotel, 400 Trinity at Central, Los Alamos, NM 87544. Group rates starting at \$69.95.00 plus tax per night. Cutoff date to make reservations is August 26,2010. After this date, rooms or group rates will no longer be guaranteed. Guests may book their rooms by calling the front desk at 505-662-2441 or toll free 1-800-462-0936 and mentioning OCB Southern Rockies Natural Group Block. Reservations on-line or through a travel agency will not fall under the group block. More information on the Best Western Hilltop Hotel along with a list of amenities can be found at their website, <http://www.bwhilltop.com>.

### **Tanning Services**

On Stage Image will provide tanning services for a fee. To make an appointment please contact Roxana Kreklo at 512-828-1437 or 512-876-4072. You can also send an email to [onstageimage@yahoo.com](mailto:onstageimage@yahoo.com). For information on On Stage Image Tanning Service, please visit their website at [www.onstageimage.net](http://www.onstageimage.net). Book early so you are not up until midnight the day before the show.

### **After Show Party**

There will be an appreciation party after finals (approximately 9:30/10pm) at the La Vista Restaurant inside the Best Western Hotel for all competitors, sponsors, and volunteers. Donations to fund this event would be appreciated.

### **Health and Fitness Vendors at Finals**

Health and Fitness Vendors will be present from 5pm – 9pm at the Duane Smith Auditorium the day of the competition. If you would like to purchase a booth, please contact Carrie Montoya-Pegg via email [carrielaafc@yahoo.com](mailto:carrielaafc@yahoo.com) or by telephone 505-662-5232 and I will provide you with additional information.

### **Restaurants, Stores, Museums, Movies**

There are many restaurants and stores, along with the Bradbury Science Museum and movie theatre just blocks away from the hotel. Recommendations for restaurants include Blue Window Bistro (right next door to LAFC), Central Avenue Grill, Chili Works, El Parasol and Ruby K's. Each competitor will receive a visitor's package provided by the Los Alamos Chamber of Commerce with discount coupons for local restaurants and businesses and a map of Los Alamos. For specific directs to the places and to find out what other attractions Los Alamos has to offer, check with your hotel front desk.

**Keep this page for your reference**

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

# OCB Southern Rockies Natural September 11, 2010 – Los Alamos, NM



## ENTRY FORM

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

### WAIVER/RELEASE

Waiver: I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against Duane Smith Auditorium, OCB, the promoters, Los Alamos Fitness Center, and any sponsors, agents, or representatives for any injuries suffered by me as a result of my participation and/or losses suffered by me as a result of my participation and/or attendance at this contest. I hereby grant the promoters, OCB, any approved magazine, video or entertainment organization and all of their agent's successors, licensees and assignees, the right to photograph or otherwise reproduce my voice, appearance and name and exhibit, distribute, transmit and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, printing, or any other medium now known or hereafter devised, including audio with respect to any merchandising, advertising, and/or publicity and the right to use my name and information about me in connection with any of the foregoing. No further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate, OCB and/or any magazine, video or any approved video entertainment organization to photograph or otherwise reproduce my voice, appearance or name, or to make use of any of the rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further comment.

I agree to abide by the decision of the OCB, and/or contest promoters concerning my participation in an OCB-sanctioned contest pending the results of any form of testing used to detect use of banned substances with OCB. I understand that the administrator or laboratory utilized for substance screenings is the choice of OCB and/or the promoters, and agree to accept the results of said testing, whatever they may be. I hereby waive and release any claims or demands against the OCB, its representatives, Duane Smith Auditorium, Los Alamos Fitness Center, sponsors and promoters that may arise out of my participation in an OCB-sanctioned event or my membership in the OCB.

I have read, understand, and agree to the above terms.

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 If under 18, parent's name: \_\_\_\_\_  
 Parent's signature: \_\_\_\_\_

### DIVISION(S) ENTERING *(check)*

<u>Men's Bodybuilding</u> ___ Teen ___ Junior ___ Novice ___ 60+ ___ 50+ ___ 40+ ___ Open	<u>Women's Figure</u> ___ Novice ___ 35+ ___ Open <u>Women's Bodybuilding</u> ___ Novice ___ 35+ ___ Open <u>Female Fitness Model</u> ___ Open
--	---

*To be eligible for a novice division, you cannot have placed first in any class besides Teen within any division with any organization. Eligibility verified by polygraph.*

### Amount to Enclose with Entry Form:

Entry \$40 if postmarked by 08/27/10, \$65 if postmarked after 08/27/10. No entries will be accepted after 9/10/10  
 Crossovers \$25 per additional class.

**Entry Fee: \$ \_\_\_\_\_ Crossover Fee: \$ \_\_\_\_\_**

Payment by *(check one)*:

\_\_\_ Check or Money Order    \_\_\_ Visa or Mastercard

Send Entry & Payment to:

**Los Alamos Fitness Center, PO Box 36  
 Los Alamos, NM 87544**

Note: If you are not a current member of OCB and entering bodybuilding, figure or Fitness Model, you must also submit an OCB membership form (available on [www.theOCBwebsite.com](http://www.theOCBwebsite.com) or at the check-in. - \$50 annual fee, includes a one-year subscription to Fitness & Physique magazine).

Complete this section if paying by Visa or Mastercard *(additional 3.5% service fee charged)*.

Name as it appears on card: \_\_\_\_\_  
 Card #: \_\_\_\_\_ Exp Date: \_\_\_\_\_  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Introduction for the Evening Show

Name: \_\_\_\_\_

Gym Representing: \_\_\_\_\_

Contest Placements: \_\_\_\_\_

Routine Song Title and Artist: \_\_\_\_\_  
(or indicate HOUSE MUSIC)

Please include a short bio (50 to 75 words) to be read during your introduction at the Evening Show:

---

---

---

---

---

---

**REMEMBER, IT IS BEST TO SEND YOUR MUSIC WITH YOUR  
ENTRY FORM!**



**OCB Southern Rockies Natural – September 11, 2010 – Los Alamos, NM**

**Advance Ticket Sales Order Form**

Advance ticket purchases will be available for pick-up at the ticket counter Will Call on the day of the event.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

<b>Order Form</b>	<b>Cost</b>	<b>Quantity</b>	<b>Total Cost</b>
Adult General Admission Prejudging (morning only)	\$10.00		
Children 12 and under (morning only)	\$5.00		
Trainer's Ticket (Good All Day for both General Admission and Back Stage Access)	\$15.00		
Adult General Admission Finals (evening only)	\$15.00		
Children 12 and under (evening only)	\$5.00		
Adult Combo (morning and evening)	\$20.00		
Total Cost			

Payment by (check one):  Check or Money Order  Visa or Mastercard

Complete this section if paying by Visa or Mastercard (*additional 3.5% service fee charged*).

Name as it appears on card: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Make Checks Payable and Mail to: **Los Alamos Fitness Center, PO Box 36, Los Alamos, NM 87544**