

Dear Competitor:

The following is a checklist and some “reminders.”

CHECK IN TIMES/SHOW TIMES:

Sat, October 19, 2019 at Maryvale Senior High School, 1050 Maryvale Dr, Buffalo NY 14225.

NEW FORMAT. LIVE JUDGING. Check in 10am. The show starts at 12 and will run straight through from noon onward. We expect the show to end 4pm or 5pm.

1. HOTEL INFO: HOTEL FOR THIS SHOW

HOST HOTEL: Best Western on Delaware, 510 Delaware Ave., Buffalo, NY 14202, CALL the hotel number direct for show rate, 716.886-8333.

If staying at the hotel, **FOR THE DISCOUNTED RATE** you must tell them you are with INBF Super Natural Fitness Show October 19: They have a block of rooms at a special discounted rate. This rate is NOT available online or via the 1-800 number.

****There will be a competitor check-in desk in or near the lobby. ****

- **Do not to get tan and oiling products on the linens or carpets. If the room gets too dirty, they may charge you. I SUGGEST YOU BRING YOUR OWN TOWELS SO THE HOTEL TOWELS DON'T GET TOO DIRTY.** If you are staying at another hotel, make sure we know how to contact you there.

If host hotel is sold out, try:

- Best Western Lackawanna, 2500 Hamburg Turnpike, Lackawanna, NY 14218 (approx. 10 min from the host hotel)-716-821-0030. If you need me to help you, call me (marian) 716-445-5603, wnbfbuffalo@gmail.com and I will help you find another hotel.

2. POLYGRAPH:

NOT needed for Transformation/Fit Family/Fit couple/Ms. Curvy or Mr. Buff (unless you are also doing another class) – all others need the polygraph.

E-MAIL OUR POLYGRAPH PERSON, MYRA (esscteam@aol.com) FOR AN APPOINTMENT.

- Your polygraph will take place at the Host Hotel (see above) those testing sat the test will be at the venue.

-Cost: \$60 CASH (only cash is accepted for the polygraph). Polygraph appointments are taking place the the Friday before the show. Some spots are open Saturday morning (before the show) for competitors coming from out of town.

a. You are responsible for making your polygraph apt. Email MYRA (esscteam@aol.com) up to 6 weeks before show for the appointment. Or you can contact her sooner to start the process.

b. Competitors coming in from out of town the day of the show can take the poly the morning of the show (and those tests will be at Marvale High School, all other tests are at the Host Hotel).

c. You will need to bring to the polygraph test/check in: a) photo ID b) \$60 CASH US (for poly)

3. **FEES YOU MAY OWE:** At the **poly test** you will need to pay for anything that you have not paid.

INBF/WNBF membership fee (\$70 +processing) (purchase card prior to the show at www.worldnaturalbb.com) and when you fill in the membership form, be sure to list that you are doing the Northern States Super Natural 10/19/19 in Buffalo. They will send the cards to the promoter (Marian) before the show and I will hand them out at the competitor meeting which will take place the morning of the show.

4. **PHOTOS** –Photography by Mike Zuch. Go to www.zuchphoto.com/fitbuffalo for special rates. Or email Mike@zuchphoto.com, or call/text 716-417-5816. We are not allowing professional photos during the show or back stage other than from the photographer we hired.

5. **Competitor check in is at 10am sharp (NO ENTRY BEFORE 10am) at Maryvale High School.** The competitor meeting will follow once everyone is checked in. (When we have pro athletes, Pro meeting MAY be the nite before). We weigh those who have not been weighed and polygraph those who come in Sat from out of town. Only competitors are allowed in the meeting. Family/trainer/friends will need to buy a ticket and wait in the auditorium. Trainer passes handed out at competitor meeting.

6. **Music:** Bodybuilders will need one CD (labeled with your name/class). Music is handed to the sound person before you go on stage. We suggest a back-up in case the first one doesn't work. Up to 60 sec long (90 sec for WNBF Pros). This should be the only music on the CD. Only accepting CD's (no tapes). ONLY bodybuilders need music. Fit Family & Fit couple – you can bring your own music (approx. 60 sec) or you can do your routine/dance to our music.

7. **INBF card: (Transformation, Fit Family, Fit Couple, Ms. Curvy/ Mr. Buff, does NOT need a INBF/WNBF card). Everyone else NEEDs a INBF/WNBF card to compete. The cost is \$70+processing.** If you do not have one or have an expired one, one you will need to fill out the application online at www.worldnaturalbb.com. They will mail the cards to me and **I will hand them out at the competitor meeting.**

Canadian competitors need to get this membership form from www.worldnaturalbb.com as well.

8. **Tanning/Makeup** – Tanning: Buffalo Airbrush Tan. Book online or call www.buffaloairbrushtan.com 716-579-4548.

9. BANNED SUBSTANCES – GO TO WWW.WORLDDNATURALBB.COM for the list of banned substances.

OTHER THINGS

A. **Bodybuilders/Fit Family/Fit Couple/Transformations/Ms Curvy/Mr Buff: are allowed to use props during your night routine.** Ex. sunglasses, or a cape or cloths that you take off during the routine. If you are unsure what is allowed, please call us. Ms. Curvy – bring a beach towel or a sarong if you want (this class is bare foot/flip flops).

B. **Directions:** We suggest that you look on Yahoo.com or Mapquest.com. If you have problems call Marian.

C. **Contact phone number:** Marian, cell 716-445-5603 or wbnfbuffalo@gmail.com.

D. **Tickets:** Are available in advance until October 6 or at the door. Advance ticket form is on our website, www.northernstatedsupernatural.com and (make payable to Marian Giallombardo). **Sorry, No Canadian checks accepted (due to the high fees to deposit them).**

E. **Photo/Video:** we do not have a videographer. You may shoot video (but only a small amount of the show – such as a family members class).

F. Oil: **No Pam or other Aerosol spray allowed.**

G. It is a good idea to bring 2 posing suits in case one gets dirty. Girls may want to bring extra heels.

H. There will be **food** (pizza, protein bars, candy, etc) and drinks (coffee, pop, water) for sale during the day and night show. There will be FREE pizza for the competitors after the show, which we are sure you will enjoy. We will sell a limited amount of T-shirts for those who may not have sent in their apps early to get a free one.

I. **NO ALCOHOL OR SMOKING ON SCHOOL PREMESIS.** Please be respectful of this. These are the schools rules and we must follow them if we want to be allowed back.

II. **DO NOT PLACE YOUR HANDS ON THE WALLS AT THE VENUE...** keep surfaces clean – this happened in the past and the school was VERY upset.

Good luck, have fun and we will see you soon! Let us know if you need help with anything.