



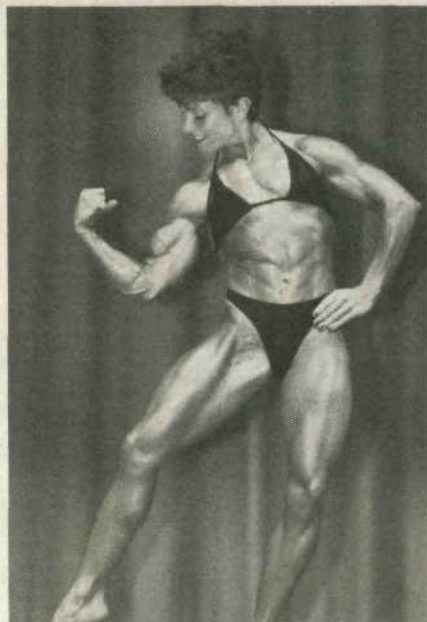
Kay Reich

The fifth position in both instances went to a pair of newcomers to the national level in Ohioan Kay Reich and Kansan Kathy Brizendine. Brizendine, a 28-year old registered nurse from Wichita, used the '84 Gateway Open to qualify for the Nationals and equalled her home state's highest finish by a woman at the national level.

Reich, who displayed a ripped 113½ pounds on her 5-5½ frame returned to the Nationals and slipped to seventh to go with her fifth place USA effort.

Both of these women, with normal progress in their training will continue to press the leaders next year.

"Comeback Competitor of the Year" in this class was Maryland's Debbie Sider. After a disappointing ninth place finish in the light heavyweight class of the USA in Vegas, the determined Sider flew home to Glen Burnie where she trained and dieted her way to her finest physical condition to



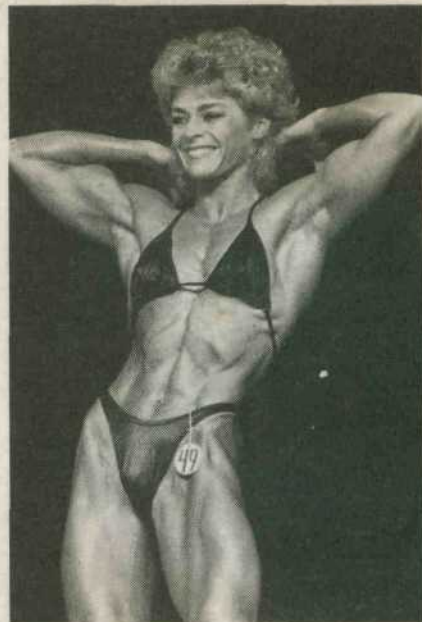
Debbie Sider

date. Her reward was a runnerup finish in the middleweight class to Mary Ellen Jerumbo at the Nationals. Packing a solid 114 pounds on her short frame, Sider proudly flexed a pair of mind boggling quads and a balanced physique that spelled strength and power from head to toe. In addition, Sider's routine was one of the show's best with its fine blend of muscle and grace.

**Tigert and Miller Nab Titles In A Class With Depth To Burn**

For Suzanne Tigert, this year was one big coming out party. Having been a solid competitor since 1981, she has systematically set about to reach her highest physical potential with a brilliant combination of patience and contest selectivity. Having moved up from the lightweight class in 1981 to her present light heavyweight level of 116¾ pounds, the Tigert physique now stands as one with a rare completeness and beauty.

At this USA competition Tigert's deci-

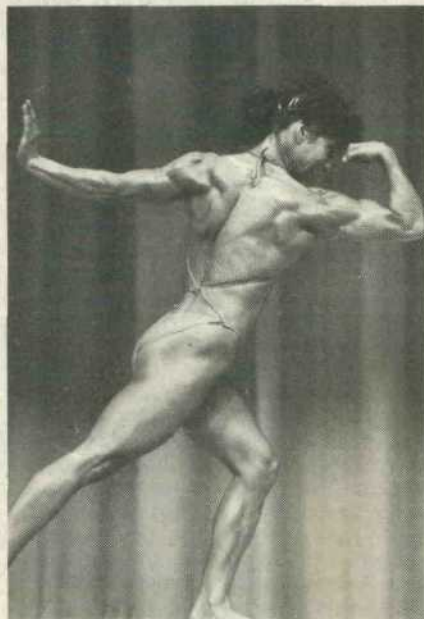


Lindy Champion

sion was a unanimous one and well-deserved. Posing to Shannon's 'I Can't Get Enough', neither could most of the crowd as she showed unparalleled poise and confidence. With her complementing beauty and high-level muscular cultivation, it would appear that she is now ready for a crack at the pro echelon.

At the Nationals, it was an ecstatic Jeri Miller who realized her first national victory after having played 'bridesmaid' in her last two national level efforts. At last year's Nationals in New Orleans, Miller followed a super Janice Ragain to the trophy table. Then at the USA it was Suzanne Tigert that slowed her progress to the top spot. But Detroit was Miller's city and so was the light heavyweight crown.

Runnerup to Miller at the Nationals was Colorado star Krista Anderson who bounced back beautifully after a rather unheralded seventh place finish in the heavy class of the USA in Vegas.



Josie Lemmi



Kathy Brizendine



Marianne Duffy