

COMPETITOR INFORMATION

NPC GRAND RAPIDS BODYBUILDING CHAMPIONSHIPS

SANCTION #14451



MAY 26, 2018 - NATIONAL QUALIFIER - GRAND RAPIDS, MI

IMPORTANT INFORMATION FOR ALL COMPETITORS, FAMILIES AND FRIENDS:

As a supplement to this information, the websites listed below contain important content regarding the 2018 GR EVENT SCHEDULE available on Saturday, April 28, 2018; including dates, mandatory check-in and weigh-in times, hotel information, tanning/make-up, music, posing information and presentation seminars and food service. You'll also find Pre-Judging and Evening Show Ticket Order Forms, Special Sponsorship Opportunities for those who would like to purchase a booth, pop-up banner or place an ad or logo in the popular souvenir program and market their business or service.

Please go to: www.mikevuggink.com, www.grandrapidsbodybuilding.com or www.michiganNPCnews.com

If you need hotel accommodations for this very popular show, please reserve your room on or before the due date listed next to the recommended "Host" hotels. This is a big event for beginners and experienced competitors in the city of Grand Rapids, Michigan so please reserve your room early.

Please mention that you are with the "2018 Grand Rapids Bodybuilding Championship Group or GRBB", to receive your room discount.

CONTEST VENUE:

All meetings, late entries, height and weight check-ins, pre-judging and evening show take place at the following venue:

Grandville High School Auditorium
4700 Canal Avenue SW
Grandville, Michigan 49418

OFFICIAL TRAVEL CONSULTANT

TRAVEL by GAGNON

Contact Peggy or Joanne at 616.942.6630 or 800.452.2547

RECOMMENDED "HOST" HOTEL:

Residence Inn by Marriott
3451 Rivertown Point Court SW
Grandville, Michigan 49418

Phone 616.538.1100/fax 616.538.6390

Reservations must be received by Friday, May 4, 2018 to receive group discount and mention "2018 Grand Rapids Bodybuilding Championship Group" or "GRBB"

All rooms are contemporary suites and are fully furnished with full, modern kitchens. In addition this popular hotel is very close to contest venue, major highways, unique and healthy restaurants, fitness centers, movie theatres and very cool and exceptional shopping at River town Mall (2nd largest mall in the Midwest).

SECONDARY HOTEL (ADDITIONAL HOTELS CAN BE VIEWED ON THE 2017 EVENT SCHEDULE)

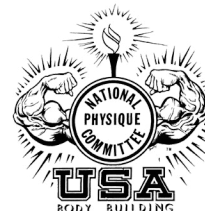
Comfort Suites South Grand Rapids
7644 Caterpillar Ct. SW
Grand Rapids, Michigan 49548
616.301.2255/fax 616.301.2256

Reservations and group discount rate must be received by Friday, May 4, 2018 to receive group discount.

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FRIDAY, MAY 25, 2018

4 pm to 8 pm - MANDATORY HEIGHT/WEIGHT CHECK-IN FOR ALL COMPETITORS:

Competitors can be weighed and/or height checked at any time between 4 pm to 8 pm on Friday, May 25, 2018 (Please view and print "2017 Event Schedule" for your mandatory check-in time)

SATURDAY, MAY 26, 2018

8 am – MANDATORY ATHLETES MEETING FOR ALL COMPETITORS.

NO LATE ENTRIES/HEIGHT/WEIGHT CHECK-IN ON THIS DATE

Pre-Judging – 10:30 am

Evening Show – 5:00 pm

ELIGIBILITY

- This popular event is a National Qualifier and is open to all athletes/applicants that live in the United States. You must have proof of citizenship (I.E. Drivers License and/or Passport)
- Each Competitor must be an amateur athlete and in good standing with the NPC.
- Each Competitor must be currently registered with the NPC or purchase an NPC card at this show or another previous NPC show earlier this year of 2018. To meet this requirement, you must present your 2018 "NPC Card" or current year "NPC Card Receipt" or "cell phone, screen shot picture" from a previous 2018 NPC show. NPC Cards can be purchased at the MANDATORY HEIGHT/WEIGHT CHECK-IN on Friday, May 25, 2018 from 4 pm – 8 pm or purchase anytime on line at: www.NPCregistration.com
- All 2018 NPC Cards are \$125 and must be paid with a check or money order made out to the "NPC of the USA" (Cash is not accepted) NPC cards and/or receipts from 2017 are not accepted.
- **Novice** is open to any athlete who has never won a NPC show and is NOT Nationally Qualified, meaning they have not placed in the top five in a National Qualifier Event or the top ten in a National NPC Event. In addition, a Novice event is for the athlete that has never finished 1st in their height or weight class in any NPC Teen, Novice, Masters, or Open Division Championship.
- **True Novice** is for athletes competing in their very first NPC show. These are beginning entry level events
- In order to receive your award(s) and placing(s) each competitor must return to the Evening Show. **NOTE:** Any Competitor who does not show up for the Evening Show will forfeit their award(s) and their placing(s).

Mail Entry Blank(s) and Fee(s) to:

Mike Vrugink
3980 Old Elm SE
Kentwood, Michigan 49512

BASE ENTRY FEE(S) WITH CROSSOVER(S) FOR ON-TIME ENTRIES

- **Check, Cash or Credit Cards are accepted**
- All Entries and Crossover Fees are Payable to: **MIKE VRUGINK**
- **NOTE:** We strongly encourage all NPC competitors to crossover in other classes to gain valuable stage and presentation experience.
- "Crossover" means adding another class and/or Division.
- Base Entry and Crossover Fee(s) includes access to all of your on-stage photos and a backpack style glam & goody bag packed with goodies.

Examples of Base Entry Fee(s) with Crossovers Fees added if purchased before Saturday, May 5, 2018.

- 1 Class is \$130.00 and additional \$80.00 for each Crossover to other Classes before Saturday, May 5, 2018.
- 2 Classes \$210.00
- 3 Classes \$290.00
- 4 Classes \$370.00
- 5 Classes \$450.00

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ALL ENTRIES ARE NON-REFUNDABLE AND ANY RETURNED CHECKS ARE SUBJECT TO A \$50.00 RETURN FEE.

BASE ENTRY FEE(S) & CROSSOVER FEE(S) WITH TIME TABLE OF DEADLINES

- **On time Base Entry Fee** is \$130.00 and must be postmarked and sent before Saturday, May 5, 2018. Each Crossover is \$80.00.
- After Saturday, May 5, 2018 the Late Entry Fee is \$180.00 and must be postmarked and sent before and received by Saturday, May 19, 2018. Each Crossover is \$100.00.
- After Saturday, May 19, 2018 the Entry Fee is \$255.00 and must be sent, postmarked and received no later than Wednesday, May 23, 2018. Each Crossover is \$150.00
- On Wednesday, Thursday and Friday, May 23, 24 & 25, 2018 the Entry Fee is \$355.00 Cash or Credit Card Only. Each Crossover is \$150.00. NOTE: Please bring your Entry Fee(s) to the MANDATORY CHECK-IN on Friday, May 25, 2018 and pay directly to Mike Vruggink (Show Promoter) in person from 4 pm to 8 pm.
- **NO ENTRIES ARE ACCEPTED ON THE DAY OF THE SHOW ON SATURDAY, MAY 26, 2018.**
- **ALL ENTRIES AND CROSSOVER FEES ARE NON-REFUNDABLE AND ANY RETURNED CHECKS ARE SUBJECTED TO A \$50.00 RETURN FEE.**

MUSIC, POSING & PRESENTATION

Important Note: All Bodybuilders, Classic Physique, Women's Physique and Fitness Athletes will provide their own high quality, cool music on a CD (no cassettes) **in a clear plastic CD case**. Note: All music will be downloaded into the auditorium computer for ultimate sound quality, clarity and played during your personalized posing routine. All music will be collected at the MANDATORY CHECK IN from 4 pm to 8 pm on Friday, May 25, 2018 at Grandville High School Auditorium. Any competitor using music with foul or vulgar language or if your music doesn't play, it will be replaced with house music. **NOTE:** All Bodybuilders, Classic Physique and Women's Physique will have 60 seconds only for your posing routine at the Evening Show. All Fitness Athletes will have 2 minutes.

NOTE: Please hire someone to teach you how to pose or go to the many posing clinics or seminars around your area to help you work on this important part of Pre-Judging and the Evening Show.

Questions? Go to: www.michiganNPCnews.com or message Mike Vruggink on Facebook or e-mail at: mvruggink@aol.com

AWARDS AND MEDALLIONS

- Top 5 competitors in each weight and height class will receive a very cool Niels Andersen Bronze Physique Sculpture with a timeless, powerful design.
- All height and weight class winners will compete and be judged at the Evening Show for the Overall Award.
- Each Overall Award in the Open Divisions is a spectacular, Large Bronze Physique Sculpture with a Walnut Base. These are the same trophies given out at the NPC USA and NPC Nationals.

NOTE: All competitors in this competition will receive a Bronze Participation Medallion for every division and class entered. In addition, each Overall Winner in every "Open" Division will have their picture on the front of next year's 2019 NPC Grand Rapids Championship Pre-Judging Tickets.

2018 NPC GRAND RAPIDS CHAMPIONSHIP EVENT SCHEDULE

This important and informative guide will help competitors, families, friends and fans navigate and view important dates, times and locations of all activity associated with this very popular Championship in Michigan.

The 2018 NPC Grand Rapids Championship Event Schedule will be available to view and print on or after Saturday, April 28, 2018 at: www.michiganNPCnews.com, www.grandrapidsbodybuilding.com or www.mikevruggink.com

OFFICIAL PHOTOGRAPHER

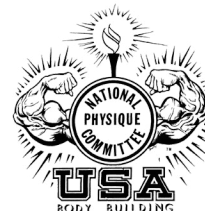
Part of your Entry Fee includes free access to photos of you at this event by Jeff Robinson.

jrobinson@powerhousegym.com

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OFFICIAL SPRAY TAN SERVICE

The professional and experienced spray team from Eclipse Tanning will provide you with a worry free spray tanning experience. We use a Jan Tana formula that will have you looking amazing on stage and we will also provide pre stage touch ups, glaze and bikini bite. Schedule your appointment today by visiting our website at: www.eclypsetanning.com
Contact Ben Chimoski at ben@eclypsetanning.com

OFFICIAL CUSTOMIZED POSING SUIT PROVIDER

Visit suitsbysassy.com or call (586) 499-5994

PRE-JUDGING & EVENING SHOW TICKETS

All tickets for the Evening Show are for reserved seating and available the day of the show. Purchasing tickets in advance is strongly advised. Note: The last day for ordering tickets by mail will be **Saturday, May 19, 2018**.

Credit Card, Cash, Check or Money Order Accepted. **Make out all checks and money orders to: MIKE VRUGGINK**

NOTE: This show does sell out.

Special VIP Tickets (first 12 rows)	\$50
Main Floor Tickets	\$40
Balcony Tickets	\$30
Pre-Judging Tickets (open seating)	\$30
Standing Room Only Evening Tickets (sold only after all tickets are sold)	\$25

NOTE: Advance Tickets will be available after Saturday, March 24, 2018. Please see contact information and ticket outlets below or call, text or e-mail Mike Vrugink at 616.893.3368 or mvruggink@aol.com

GRAND RAPIDS TICKET OUTLETS OR VIEW, PRINT & SEND FOR ADVANCED TICKETS

Lighthouse Nutrition, 5316 Clyde Park SW, Wyoming, Michigan 49509 or call 616.216.2500
Lighthouse Nutrition, 3150 Plainfield NE, Grand Rapids, Michigan 49525 or call 616.216.2500
Maximus Fitness, 3079 30th ST. SW, Grandville, Michigan 49518 or call 616.532.7277
Mike Vrugink, 3980 Old Elm SE, Kentwood, Michigan 49512 or call 616.893.3368
To order Tickets by Mail, view and print "Ticket Order Form" on or after Saturday, March 24, 2018 at:
www.grandrapidsbodybuilding.com or www.michiganNPCnews.com

MAIL ENTRY FORMS & PURCHASE TICKETS BY MAIL

Send cash, check or money order to:

Mike Vrugink
3980 Old Elm SE
Kentwood, Michigan 49512

GENERAL CONTACT INFO & QUESTIONS

Mike Vrugink
616.893.3368 or email me at: mvruggink@aol.com
www.mikevruggink.com

BACKSTAGE PASS KIT INFORMATION

The following are the requirements before you can obtain a "BACKSTAGE PASS" Kit.
Proof of a current 2018 NPC Card or Receipt and show a Valid Drivers License and/or Passport.
\$100 Cash or Credit Card Only. No Checks!

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A "BACKSTAGE PASS" Kit will include the following:

- A wrist band and a lanyard that indicates "Backstage Pass" **NOTE:** You must show both proofs of identification to security or you will not be allowed backstage. **NO EXCEPTIONS!**
- 2018 NPC Grand Rapids Championships Pre-Judging (\$30 value). This is an Open Seating Ticket.
- Standing Room only Evening Show Ticket (\$25 value) which is **NOT** an assigned seat for the Evening Show. **Note:** You can upgrade your Evening Show Ticket beyond the \$100 for the Kit (Evening Show Tickets are assigned seating only except for the Standing Room Only Ticket) by going to the Box Office the day of the show and returning the Standing Room Only Ticket (**no refunds**) and purchase a Regular Evening Show Ticket for \$50 - Main Floor VIP, \$40 - Main Floor or \$30 - Balcony Seat. Please see Mike Vrugink (show promoter) or Holly Bryan (personal assistant) at the Ticket Box Office in Grandville High School Auditorium Lobby. Additional Information for "Backstage Passes" can be viewed in the 2018 NPC Grand Rapids Championships Event Schedule.

ALL DIVISION RULES & REGULATIONS

Please refer to the Rules & Regulations page at: www.NPCnewsonline.com

SUITS, TANNING PRODUCTS & POSING OIL

Tanning products cannot be applied in the auditorium, lobby or hallways. Keep all tanning restricted to the prep "Green Room" backstage and garage. **NOTE:** Competitors will be responsible and pay for any stains or damage caused by tanning products and/or oil. Oil with "glitter" is not allowed. Eclipse Tanning is the Michigan NPC exclusive tanning sponsor and the only tanning company allowed backstage.

OFFICIAL FOOD PROVIDER

BRANN'S SIZZLING STEAKHOUSE RESTAURANT AND GRILL

Brann's fine food can be purchased in the lobby next to the auditorium.

Lunch 11 am – 2 pm/Dinner 4 pm – 8 pm

ADVERTISE, PROMOTE & BRAND YOUR BUSINESS AT THIS VERY POPULAR & EXCITING NPC CHAMPIONSHIP IN MICHIGAN

Please contact Mike Vrugink for additional discounted opportunities to advertise, promote and brand your business or service at this big (National Qualifier) Championship with the following:

- Booth Space in the newly expanded lobby
- Your business logo on the 17" x 22" collector poster
- Your business logo on a pop-up stage banner or lobby banner
- Your advertisement in the popular souvenir program
- Your business logo on the back of the pre-judging or evening show ticket
- **Note:** Grandville High School Auditorium has a brand new expanded lobby to showcase your business, products and/or service. Reserve your space soon because this show does sell out.
- To view and print "Sponsorship Agreement Form & Price Plans" go to: www.michiganNPCnews.com or www.grandrapidsbodybuilding.com or call 616.893.3368 or e-mail to: mvrugink@aol.com

2018 SPONSORS

