

# SPORTS LAMORINDA'S LOCAL SPORTS



## Lamorinda Women Win in Figure Bodybuilding

By Sophie Braccini



Kelly Suronen trains with Ryan McNabb at 24 Hour Fitness Photo S. Braccini

Forget Steroids and Testosterone. Lamorinda women who compete in Figure Bodybuilding do it the natural way. And if they turn heads with their energetic and slender figures, it's just because they are healthy and highly disciplined. Kelly Suronen, assistant planner for the Town of Moraga, and Orinda resident and trainer Christy Dalton, both competed in the May 7th Contra Costa National Physique Committee (NPC) tournament in Hayward. Dalton won first place in her category and Suronen finished in the top 10 in her category.

According to the NPC, Figure, a women-only competition, is the fastest growing segment of bodybuilding. The goal is to be well balanced, instead of overly muscular.

"To compete in regular bodybuilding you have to take steroids," says Ryan McNabb, Suronen's trainer, "you have to take your body beyond what it can naturally do. For Figure it's different, it comes down to a structured regimen of diet and training, tailored to each person, to become the most perfect you can be."

Both Suronen and Dalton are ath-

letes.

Dalton, a mother of two boys, was a gymnast and a marathon runner. "I like to work hard and to train for something," she said. She has competed in Figure for three years and has won many awards. Dalton placed fifth at last year's National in the over 35-years-old and over 5'7" category.

Although she's always active, the May 7th competition was a first for Suronen. She competed in the 5'1" category. "I've always been a health freak," says Suronen. "As a kid I was always involved in dance and sports, but started getting into working out at UC San Diego where I studied Urban Planning."

Working out, even going to the gym six times a week, is not enough to compete in Figure. Judges in a Figure competition will look at a symmetrical and harmonious development of the whole body and using a trainer becomes essential.

"Kelly (Suronen) is an endomorph type," says McNabb, "a shorter, stockier body type that can develop a nice muscle mass, but can put on fat easier, too." According to McNabb, a good program can help go beyond the genetics, but only to a certain extent.

During her training, Suronen built muscle mass that boosted her metabolism and in the last weeks of her three-

month training she had to follow a very strict diet to eliminate as much fat as possible. "For breakfast I ate four egg whites with two slices of Canadian bacon and 8 oz of coffee, two hours later I took a protein shake with flax seeds, almond meal and amino acid powder, at lunch raw broccoli and a can of tuna, another protein shake in the afternoon and for dinner, asparagus and chicken."

"It was an amazing transformation," she said, "I always wanted that perfection, but it is not realistic to maintain the 11 percent of body fat that I reached, I felt so proud."

For Dalton, training was quite different. Dalton is a mesomorph type, a naturally athletic, lean body. Dalton's challenge was to gain weight, and she had to be on a diet of filet mignon, chicken and salmon, eating six times a day. "I've worked out six hours a week since forever," says the mom who was a group fitness instructor when she was pregnant and ran with her stroller after giving birth, "what I found hard was to learn the poses for the competition."

The competition is two intensive days during which the women present themselves in high heels and bikinis. "I had to walk in a figure suit in front of a couple thousand people on five-inch high heeled glass slippers," re-



Christy Dalton runs when she does not lift weights

Photo provided by Brian Hayes

members Suronen, "it felt like a beauty pageant."

Now that the competition is over, both women are pondering what to do next. "I may stop competing for now," says Dalton, "I will continue to train driven people at the California Health Club in Pleasant Hill, but I have to put my family first."

Suronen has not decided yet if she will continue to train, "I went out of my comfort zone, but it was very exciting."

## East Bay Boys Bring Home Gold

Submitted by Lisa Steele



The crew crosses the finish. From left: Ian Drake, David Hosler, Dmitri Baefsky, Gabe Larwood, Alexander Steele. Photos courtesy Jon Steele.

The Oakland Strokes varsity team won the 2000 meter race at the US Rowing Youth National Championships.

They qualified by placing third or higher at one of the six regional regattas in the nation. The Strokes MV4+ (a four man boat with a coxswain) qualified last month." Defeating favorite St. Louis Rowing Club and thir-

teen other teams, the Oakland Strokes took first.

The first half of the race was close. The bows of St. Louis, Deerfield Academy, and Oakland Strokes surged evenly down the course. However, as they approached the thousand, coxswain Alexander Steele called for a move to separate themselves from the field. The rowers responded beau-

tifully, and a victory of over five seconds was achieved.

After standing on the podium, Gabe Larwood stated in retrospect, "By winning nationals we have finally justified the hundreds upon hundreds of hours of training that go into this sport." Ian Drake, the stroke, also commented, "I never thought we could do it. I just can't believe it".

The boat was composed of high school students Drake, David Hosler, Dmitri Baefsky, Larwood, and Steele. Drake, Baefsky, Larwood and Steele missed their graduation from Miramonte to compete.

Drake will attend University of Washington, Baefsky U.C. Berkeley, Larwood U.C. San Diego and Steele Dartmouth. Hosler is a rising senior at Piedmont High.

## OBA Championships

Submitted by Rick Callister



From left, front row: Nick Dutto, Reed Callister, Jack Dakis, Zach Kumar, Kyle Jasper, Hayden Catron; back row: Nick Acevedo, coach Rick Callister, Ellie Novogradac, Jack Anthenian, Hank Conner, Harrison Braitberg, Manager Brad Catron, Harry Burnick Photo provided

Orinda Baseball Association's Mustang championship game for nine/ten year olds was an exciting end to the OBA season. On June 8, the Jolly Ranchers edged out the Black Sox 13-9. By the middle of the third inning, the Ranchers had jumped to a 9-0 lead on the consistent hitting and aggressive base running of Kyle Jasper, Nick Dutto, Harrison Braitberg, and Henry Connor, all with two or more runs in the game. The Sox fought back with a six-run bottom of the third, underpinned by doubles from Garrett Louie and Blake Bates. The Ranchers countered and stretched the lead to 13-6 going into the bottom of the sixth inning. Never a team to go down without a fight, the Sox answered with three more runs, but Hayden Catron's pitching down the stretch proved too formidable.

## LMYA Volleyball Champions

Submitted by Suzanne Campillo



Front row: Zoe Del Rosario, Samantha Darwin, Mary Kleinsmith, Mia Kletz, Megan Colpo; Back row: Coach Staci Gerson, Sarah Nelson, Hannah Edwards, Megan Cardiff, Becki Gerson, Isabella Campillo, Jessica Gerson, Josephine Phigler, Coach David Kleinsmith Photo Suzanne Campillo

After two very exciting and close matches, the Minnesota Gophers pulled a 15-11 win in the final match to take the championship at the LMYA fifth grade Volleyball Tournament on June 5th.

Submitted by Kevin Porep



From left, back row: Coach Jodi Lom, Carly Porep, Elise Berg, Claire Porep, Marin Bommarito, Emily Wilcox, Coach Kevin Porep; front row: Sabrina Elliott, Rachel Lom, Alyssa Kisner, Katherine Kott (not pictured, Noelle Robbins) Photo Ilene Kot

The LMYA Cal Bears seventh/eighth grade girls' volleyball team went undefeated in playoffs, including a win against Florida (2-0) on Sunday, June 5th.

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