

Bar-Belles

Women body builders strike muscular pose

By John Reby
special writer

Little Sarah Johns squirmed in her chair while her dad and a few friends awaited the arrival on stage of her mom, Kitty Johns. The setting was the

third annual Michigan State Women's Body Building contest Saturday in the Southfield-Lathrup High School auditorium.

"Is mommy next?" the impatient, blonde 3-year-old asked.

"Not yet, honey," her father replied.

Mallon tops 1st round

Kathleen Teichert, the leader after Monday's qualifying round at the Women's Michigan Golf Association state championships, was eliminated from the tournament in Tuesday's first round of match play at the Tam O'Shanter Country Club course in West Bloomfield.

A member of this year's Michigan State University golf team, Teichert was eliminated from the tourney by Nancy Koustas of Dearborn on the second hole of sudden death.

Teichert made 26 puts en route to a low-qualifying score of 76 Monday afternoon. Koustas was ninth after the qualifying round with an 86.

In other match-play action Tuesday, Lisa Speaker of Livonia, who also lost on the second hole of sudden death, was eliminated by Pam Othen of Ann Arbor. Birmingham's Meg Mallon, the 16th and last qualifier in the championship flight, defeated Meredith McCaig 3-2.

Sue Conlin, seven-time state champion Patti Boice, Joan Garely, Sydney Wells and Kathy Mulligan were the other championship-flight, match-play

winners Tuesday. Boice was second in last year's state championship to defending champion Elaine Crosby, who is now playing on the professional circuit.

IN FIRST-FLIGHT action on Tuesday, Janina Jacobs of Detroit, Julie Owens of Ann Arbor, Nat Gamble of Grosse Pointe, Stacey Dutcher of Caseville, Trish Lapham of Farmington, Sue Scripps of Grand Rapids, Bunny Charter of Rochester and Lee Hilkene of Birmingham were match-play winners.

Hilkene defeated Mary Jane Anderson of Bloomfield Hills, 2-up, and Charter clipped Edna Dutcher on the third hole of sudden death.

Oddly enough, Susan Scripps defeated her mother, Dorie, in first-flight match-play action, 3-2.

The tournament continues today and tomorrow at Tam O'Shanter, located off Orchard Lake Road next to West Bloomfield High School. The tournament championship will be early Friday morning.

But at last Competitor No. 9 — a tall, 35-year-old teacher-turned-body builder — took the stage for the "individual musical" portion of the contest.

Earlier in pre-judging, 13 women body builders were judged on five compulsory maneuvers — arms-over-head, a side-chest shot, and poses to show the back, triceps and abdomen.

Final awards were based on the four categories of body building: best poster, best symmetry, best legs and the overall winner to be crowned the 1982 Miss Michigan of Body Building.

All four titles were captured Saturday by Cindy Whaley, a 20-year-old cosmetology student from Traverse City.

DISAPPOINTED BUT not defeated, the Johns family packed up Sarah, who had run her 50th lap up and down the aisle, and headed home.

Kitty Johns may have missed the top awards in this contest, but the 5-foot-6, 106-pound Rochester resident has accomplished plenty in women's body building.

She won a trophy in the 1981 Miss Northwestern competition in Ohio and took a fourth place in the Miss Michigan contest. A body builder for the past three years, Johns has had to divide her time between her full-time job at Romeo's Washington Elementary School, her family and body building.

"There were weeks when I was up at 5 a.m. . . there was just no other time to do my workouts," she said. "If it's important to you, you'll find the time, no matter if it's 10 p.m. or 5 a.m."

As she increased her involvement in body building, Johns found that people took sides on the activity.

"I'm careful to whom I talk to about what I'm involved in," she said. "Some people still can't accept it (women's body building). Some say it's gross or that it's not the thing for a woman to do."

A LONGTIME FITNESS buff, Johns became involved in body building almost by accident.

"I must have increased my (running) mileage too fast at one point three years ago because I had a terrible pain in my right knee," she said. "I went to a podiatrist. He suggested a new running shoe and working with weights to strengthen my legs."

"I started with that and then began to work on my entire body. The workouts started to put some weight, about 10 pounds, on me. I really enjoyed it and went into it gung ho. I knew what I gained wasn't fat, it was size."

Soon Johns joined a local fitness center where Aubrey Paulick, a women's world champion body builder from Birmingham, worked out. Johns got to know Paulick, and the two worked out together.

Johns said her husband has accepted her hobby and encouraged her.

"My husband is so proud of me," she said. "He's behind me. Even Sarah knows what's going on. She stands in front of the mirror and poses every now and then."

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