



If you build it

A competition body doesn't come easy. Good thing there's Nair.



Steven Majike grimaces as he pumps iron at the Rock gym in Collinsville.

BY CARY ASPINWALL
World Scene Writer

There will be no shortage of muscle power in Tulsa this weekend.

Two bodybuilding competitions will take place Saturday within less than two miles of one another: the Natural Tulsa Bodybuilding Figure and Fitness Championships at Thoreau Demonstration Academy, and the National Physique Committee Oklahoma & Central Classic at the Union Performing Arts Center.

The Natural Tulsa competition is a division of the North America Natural Bodybuilding Federation, and has strict drug-testing requirements (including a polygraph and urine test). The NPC, a national qualifier for the largest amateur bodybuilding organization in the U.S., doesn't condone the use of illegal performance-enhancing drugs but competitors aren't required to be drug tested.

Here are profiles of several competitors in both of this weekend's contests, all of whom built their bodies without steroids and banned substances, and are hoping to out-muscle the competition this weekend.

Steve and Steven Majike, Collinsville

Height, weight and age: Steve, 6 feet, 210 pounds, age 52. Steven, 6-foot-3, 227 pounds, age 16.

Secret weapon: Arms, for both Steve and Steven.

Posing music: For dad, "My Sharona." For son, "Whatever," by Godsmack.

Why bodybuilding: They call 16-year-old Steven Majike "Little Steve" at the Rock Gym in Collinsville, but it's really kind of a joke. He's already taller than his 52-year-old dad, "Big Steve," and the middle linebacker for Collinsville High School is ready to take him on in bodybuilding, even though the Natural Tulsa Bodybuilding championship is only his first competition.

"I just saw how he was getting bigger, and I was a little, skinny kid, so I wanted to try it," Steven said.

"This is very special to me, to have one of my sons compete with me in natural bodybuilding. This is one of the only sports we can do



Steven Majike, and his father, Steve, show off their secret weapons for Saturday's bodybuilding competition: their guns. Photos by MICHAEL WYKE / Tulsa World

together," Steve said. "But if we get down to a posedown, I'm going to kick his butt."

"I look better in a Speedo," his son retorted.

"Big Steve" started competing in natural bodybuilding last year, because, "What else can I do besides lift weights or run a marathon? Running does nothing for me."

Golf's not his cup of tea, either, so bodybuilding it was. He likes competing as part of the NANBF, because it sets a good example for his son, he said. "Little Steve" was already lifting weights as part of his football, so the transition to bodybuilding made sense.

Now they practice poses together, which annoys "Little Steve's" mom.

The part they both hate? Shaving and using Nair to get that must-have hairless look bodybuilders find essential for victory.

They're not shy about the posing suits, though — they know they look good, they said.

Dan Langley, Bixby

Height, weight and age: 5-foot-9, 198 pounds, age 34.

Secret weapon: His back muscles.

Posing music: Last year, he went with rock, so this year, he's switching it up for some techno by Sonique.

Why bodybuilding: Langley, a Tulsa eye surgeon, loves seeing the possibilities of the human body and hearing competitors' stories of transformation. He also likes to inspire his patients, who often have chronic health problems such as diabetes, and want to know how they can get in better shape.

This year, he's not only competing in the NPC Oklahoma & Central Classic, he's sponsoring \$1,000 scholarships for the winners of the male and female teen categories, because he wants two young fitness enthusiasts to have the same kind of academic and athletic success as he has.

He won his heavyweight division and the overall in May at the NPC Battle of the Bodies, and hopes to win this weekend. But this may be his last year of bodybuilding competition (the doctor gig keeps him pretty busy, after all).

"It's time-consuming, so it's difficult for professionals (in other fields) to do well in bodybuilding,"

shows

What: National Physique Committee Oklahoma & Central Classic Bodybuilding and Fitness Championships

When: Saturday, 6 p.m.

Where: Union Performing Arts Center, 6636 S. Mingo Road.

Tickets and info: www.oklahomabodybuilding.com or 492-7049.

What: Natural Tulsa Bodybuilding Figure and Fitness Championships

When: 5:30 p.m. Saturday

Where: Thoreau Demonstration Academy, 7370 E. 71st St.

Tickets: www.naturaltulsabodybuilding.com, (913) 268-4133

online

Watch a video of the Majikes getting ready for their next bodybuilding competition. www.tulsaworld.com/videos

he said. "I have four different hospitals I'm on call for."

Win or lose Saturday, he's looking

forward to ditching his pre-show diet: bowls of Special K cereal with a protein blend for the milk, 10 times a day. Saturday night, he has big plans for Hideaway's barbecue chicken pizza and some Häagen-Dazs ice cream.

Tom Stover, Bixby

Height, weight and age: 5-foot-9, 163 pounds, age 24.

Secret weapon: His quadriceps (thigh muscles).

Posing music: Some type of rock. Last year, it was Linkin Park.

Why bodybuilding: Personal trainers such as Tom Stover tend to have an advantage when it comes to bodybuilding — they exercise for a living.

"It does help, because I get to train all the different types of people, and it's really taught me not to listen so much to any muscle magazine, but to listen to my body and figure out what works for me," he said. He gave up a career in information technology to become a personal trainer, and now he works with clients at Fitness Together at 97th Street and Riverside Drive.

SEE **BODY D6**

lunch bunch



Mott's Plus applesauce comes in three flavors. SHERRY BROWN / Tulsa World

Texturally, it may be the last — perhaps even best tasting — hold-over from our baby-food days: Applesauce.

The slightly sweet, hopefully not-too-runny dessert is a mainstay from kindergarten cafeterias to Oktoberfest, where you'll find it paired with schnitzel.

We found ours, though, thanks to the U.S. Mail and Mott's applesauce, who sent us their new Mott's Plus line. It's a no-sugar-added trio of flavors, with each one incorporating either fiber, calcium or antioxidants, and all only 50 calories per fat-free cup. You'll find them in four-packs (\$2.50 each) in grocery stores.

CRANBERRY RASPBERRY

3 grams fiber, 15 grams carbs
Grade: A

Our favorite was sweet and tart, and had a good texture. It was packed with fiber, too — three times the amount of the others.

POMEGRANATE

1 gram fiber, 13 grams carbs
Grade: B

If you're a pomegranate martini fan, this may cause a little déjà vu, just minus the hangover. It's sweet, right on par with food trends, and has the added bonus of vitamin A and antioxidant vitamin E.

HARVEST APPLE

1 gram fiber, 13 grams carbs
Grade: B-

One tester would've preferred we give this "un-American" and "generally unsatisfying" sauce a C. OK, it was a bit bland compared to the other flavors. But the rest of us thought it was consistent with other brands, and the added calcium was a plus for us.

By World Scene Writers Matt Gleason, Natalie Mikles and Jason Ashley Wright. If you have a suggestion for the lunch bunch, send e-mail to kim.brown@tulsaworld.com



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