



NEXT UP

College Baseball: Oregon holds on for 5-4 win over UC Davis



Bodybuilding: Competing year-round to participate on stage

JOSH GAUNT The News-Review Nov 29, 2017 0



SUTHERLIN — The Body Shop recently had a team of bodybuilders compete in the Battle for the Eagle Championship in Eugene.

On Oct. 14, 350 competed in the event that allows them to showcase all the hard work they've put in over the previous months.

The Body Shop team came away with six class championships, two seconds, two fourths and three overall champions.

The team gets together for meetings and workouts together. Generally they are there to support each other's individual goals — whatever that may be.

“The whole thing about team Body Shop, the show is just a presentation, the competition is every day,” owner and trainer Terry Brock said. “The competition is when you get up, hit the weights, you eat your food and you work hard. For months you compete every day against competitors you don't know.

“The measurement (competition) means a lot, but more than anything the measurement of their success isn't how they place, it's how they feel and how they picture themselves. How they compete in life and blend bodybuilding with families, holidays, summertime, eating habits, hitting the gym at 4 a.m. when everyone else is sleeping in. It's the determination and dedication.”

Courtney Crane, who lives in Eugene, led the Body Shop with three class titles in True Novice, Novice and Open Figure. She went on take first overall in the Open Figure category.

There are different classes that bodybuilders can compete in for women: bikini, figure, physique, bodybuilding and fitness.

For men, there are three classes they compete in: physique, classic physique and bodybuilding.

Pat Hunt of Roseburg took first place in the Masters bodybuilding class over 40. He went on to win the Overall Masters Bodybuilding championship.

Kegan Houx of Myrtle Creek took first in the Novice Light Heavyweight bodybuilding class and second in Open Light Heavyweight bodybuilding. Houx took the overall Novice Bodybuilding crown.

Lynn Collins of Roseburg took first in Master Figure class and was fourth in Open Figure.

Nicolle Henderson of Medford took second in Masters Bikini and fourth place in Open Bikini.

Jill Miller is the team mom who supports members in a variety of ways from food plans to altering suits and general support. Miller has been a part of the Body Shop for six years.

Brock trains people from all over Oregon, Washington and California. Besides his day job, Brock teaches two classes Monday through Friday at 4:30 a.m. and 4:30 p.m.

People with all sorts of backgrounds or situations come into the gym to work out, not just bodybuild.

They often hear of stories of clients who are moving better, that are off of medications, dodged diabetes and function better in life. They enjoy seeing people feeling healthy and whole.

A girl who was paralyzed and couldn't move her feet or legs came to the gym a year ago. A therapist came in from Florida to work with her for a week. After that time the gym helped take over her care.

"No experience with that. Never ever fathomed that I would ever be a part of something like that. We never really dreamed that would be possible, but it is possible," Brock said.

That girl is now walking and has a completely functioning life and plans on becoming a bikini competitor. She had two spinal taps when giving birth and damage to her spinal cord paralyzed her from the waist down.

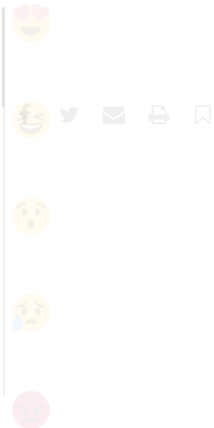
"Success is seeing someone smile or happy," Brock said. "We're not just a bodybuilding gym, but we're here for everyone. We're a small community gym."


Seeing transitions from those who are afraid to join the gym because of their own fear to people who become confident in themselves is rewarding.

"It's most rewarding not to just see people reach their potential, but to see people consider what their potential is," Brock said. "That speaks to the confidence they gain and the mindset change to set goals, above where they're at."

Part-time sports reporter Josh Gaunt can be reached at 541-957-4220 or via email at jgaunt@nrtoday.com.

React to this story:





Josh Gaunt
✉
[★ Follow Josh Gaunt](#)

A promotional banner for Northwest Lifestyles. The text reads: "Clearance Super Sale" in a large, elegant script font. Below it, "Discounts start at 50% increased daily" is displayed, with "50%" in a very large, bold font. At the bottom left, there is a button that says "CLICK HERE!". At the bottom right, the "Northwest Lifestyles" logo is shown, with "NORTHWEST" in a small, sans-serif font above "Lifestyles" in a script font.

Welcome to the discussion.

[Log In](#)



Sections



[News](#)

[Sports](#)

[Opinion](#)

[A & E](#)

[Obits](#)

[Marketplace](#)

[Business](#)

[Online Features](#)

Services

[Submission Forms](#)

[Classifieds](#)

[Calendar](#)

[Email Alerts](#)

[Search](#)

[Weather](#)

[Careers at The News-Review](#)

Contact Information

The News-Review

Nrtoday.com

345 NE Winchester ST

Roseburg, OR 97470

Phone: 541-672-3321

Email: digitalsupport@nrtoday.com

