

IFPA pro Katy Wayman-White returns to reconquer Sacramento

Jim Evans: SF Fitness Examiner



IFPA pro competing in Sacramento

Photo: Katy Wayman-White

The upcoming IFPA Pro (Natural) USA Bodybuilding Championships on July 17 in Sacramento gained instant credibility with the exciting news that mega-champ Katy Wayman-White has entered the competition. The Washington native, 48, has captured some of the biggest titles in natural bodybuilding including the 2004 WNBF Pro America and the 2006 WNBF U.S. Cup, and she is just coming off of two major victories at the end of last year: the 2009 IPFA Masters Cup and the prestigious 2009 Yorton

Cup (Heavyweight).

Katy has been competing professionally for the past 10 years since winning the 2000 INBF Capital City Championships to earn her pro card and is returning to the scene of her victory a decade ago with thoughts of another big win.

A graduate of Franklin High School in Seattle, Katy was a High School All-American in track and a member of the color guard for the [Seattle Imperials Drum & Bugle Corps](#). She first became interested in bodybuilding when an ex-boyfriend took her to a contest - three months later she entered her first contest placing second in the middleweight class at the 1984 Ms. Central Washington Bodybuilding Championships. The rest is history. Husband Tom (they met at the gym) is her biggest fan, but her family has always been supportive of her bodybuilding career. *“My Mom thinks I am great no matter where I place, and my brother-in-law travels to a lot of my shows to support me,”* says Katy. Her three strapping sons – Jordan, 23; Jermaine, 20; and Jamie, 18 - *“still think it is a little odd for ‘Mom’ to be competing,”* laughs Katy, *“but, after all, I AM their mother, and they are all very proud of my accomplishments.”*

Katy’s most memorable moment on stage *“was not actually winning,”* she explains, *“but receiving the Spirit Award (recognizing those who support Natural Bodybuilding by “going the extra mile”) last year in Kansas City and performing a tribute to my late brother with my youngest son interpreting the song with ASL.”*

Katy trains at [Prime Fitness](#) in Bonney Lake, WA, the gym that also sponsors her - not only because she is a winner but also because of her training philosophy. *“I want to represent being healthy first,”* says Katy, *“and show that drugs are not necessary to build muscle. It just takes a lot more hard work and dedication.”*

Her advice to anyone considering competing in natural bodybuilding or figure competition? *“Get a good trainer that will prepare you for all aspects of the sport.”* Good advice from one of the top pros in the sport.

Sponsored by [California Natural Muscle](#), the [IFPA Pro USA](#) is being held in conjunction with the [NANBF](#) California Natural Muscle Mayhem Bodybuilding & Figure Championships (a pro qualifier) at the Sheldon High School Performing Arts Center on July 17. This is the 12th annual event promoted by veteran natural bodybuilders Tina Smith and Bob Bell.