

# Hermiston bodybuilder prepares for contests

By ERICK PETERSON  
Hermiston Herald

Bodybuilder Terrell Duncan is less than 15 weeks from taking the stage in his next competition.

Duncan, 35, is preparing for a couple of Washington shows. The first is The Empire Classic, April 22 in Spokane, and the next is The Emerald Cup Bodybuilding & Fitness Expo, which is April 29-30 in Bellevue.

"I live for this stuff," he said. "I love going to the gym and training all year round."

Both shows are National Physique Committee national qualifiers. As such, top placers of these shows will be eligible for competition at the 2022 NPC National Championships in Las Vegas. If Duncan can win at Nationals, he will achieve one of his biggest goals — becoming a pro in the International Federation of Bodybuilding and Fitness.

At 5 feet, 9 inches tall and 210 pounds, Duncan is working to get down to 190 pounds, which will make him eligible for the classic physique division, where competitors display bodies with plenty of muscle but with a focus on symmetry and balance, reminiscent of Arnold Schwarzenegger when he competed in the 1970s, rather than the more heavily muscled bodies in the men's bodybuilding division. The look of classic physique bodybuilders makes it a popular division with many competitors and fans.

At about four months out, Duncan said he is in a fun stage of training and diet. This is when he said he starts "cleaning up" his food intake, eating food that is more nutritious and less fatty. And he has a lot of energy and continues training hard.

That changes as he nears the competition date. At four weeks out, he begins to "dial it in," he said, reducing his calories and increasing cardio. His body takes peak shape, he said, as muscles become most visible, most defined.



Ben Lonergan/Hermiston Herald

**Bodybuilder Terrell Duncan poses for a portrait Wednesday, Jan. 5, 2022, in the home gym of his Hermiston residence.**

By the day of the show, he will be lean, vascular and in the parlance of the sport "shredded," with little fat or water between his skin and the muscles underneath.

## Getting into bodybuilding

Duncan said he was skinny and stressed in 2012 and realized he would have to do something different. Of all the things he could have done to alter his life, he picked bodybuilding. It was, he said, something he could do to change his energy level, his health and his confidence.

And it's working out, he said.

He said he was fit enough to begin competing in 2015. He, then, put on as much size as he could. Also, he began studying nutrition, as he discovered he would need to gain "quality muscle and not just mass" if he were to look his best, he said.

Duncan has competed in nine shows, including Nationals. He also has become a fixture throughout the region, competing in Washington, Oregon and Idaho.

Duncan said his physique was pretty good, and he was placing high at contests to prove it. He has won shows, including first place in the 2020 Idaho Cup, that qualified him for national-level competitions.

Last year, Duncan competed at Nationals in Arizona. He did not win, or even place very high, but he called his appearance at Nationals a good experience. There, he was able to see top amateurs from all around the country.

"I will go wherever it takes to become a professional," he said, as he has set his eyes on obtaining the highly valued "pro card," the stamp of approval that can lead to making an income as a bodybuilder.



Terrell Duncan/Contributed Photo

**Terrell Duncan, of Hermiston, flexes into a "most muscular" pose at a show on Nov. 7, 2020.**

by around 100 pounds and is one of the world's top competitors. Even so, Labrada is a nice guy, Duncan said.

## Bodybuilding as a life-changer

Duncan said he is a strong believer in his sport's transformative nature.

"You have more control over your life and your body than most people think," he said.

Bodybuilding can turn an underweight, overstressed individual into a better version of himself. Likewise, it can transform people who are overweight, weak or otherwise troubled into someone with fewer problems.

After he started bodybuilding, he said, he got married, felt more confident and obtained a better job. Now a mechanic for Lamb Weston, he said his life is good.

"I can't complain," he said.

Competitive bodybuilding, though, will not put protein on the table, he said. Only a handful of people at the top of the profession make enough money to live, he said. For this reason, Duncan stated that he may not even compete as a pro when he achieves his pro card. Instead, he said, he will start a business. By becoming an IFBB pro, he will gain credibility and notoriety that will allow him to begin his own dietary supplement line and a food prep business.

He said he likes helping people, and he hopes he will be able to assist others once he starts his business. In the meantime, he said, he has been able to help other people by passing his bodybuilding knowledge onto them.

"I see a lot coming up in the next five years, and I feel very excited about the way things are going," he said. "I think I can help others by showing them what I have done, and I can continue to meet some of my other goals. I'm going to take some classes, learn more about fitness and pass this onto others. I feel good about this."



Ben Lonergan/Hermiston Herald

**Breah Rios, 10, left, talks with members of the Umatilla County Sheriff's Office and Hermiston Police Department on Saturday, Jan. 8, 2022, at the Stafford Hansell Government Center in Hermiston. Breah, a competitive dancer, will be performing a law enforcement tribute dance at a set of upcoming competitions in remembrance of fallen Toledo, Ohio, police officer Anthony Dia.**

## Dance performance will honor police

By ERICK PETERSON  
HERMISTON HERALD

Dancer Breah Rios, 10, of Hermiston, is looking forward to paying tribute to Anthony Dia, an Ohio officer who was killed on the job. Breah will dance to honor Dia and other officers at upcoming contests.

Her first competition is March 18-20 at Sheer Elite in Coeur d'Alene, Idaho. She then has performances April 8-10 at Spotlight in Portland, April 22-23 at Team Dance in Richland, Washington, May 13-15 at Showstopper in Tacoma and June 28-July 2 at Nationals/Team Dance in Nampa, Idaho.

At the Sheer Elite competition, Breah has planned a contemporary solo dance, as well as jazz, lyrical and hip-hop performances.

A Highland Hills Elementary student, Breah said she feels a little nervous about her upcoming performance.

"I've only done one solo, and that was last year," she said. Still, she said, her last performance earned her "platinum" honors in Tacoma, so she feels confident she will do well in the upcoming contest.

She said she is preparing with a lot of practice and stretching. As part of her practice, she will see a choreographer in Texas.

Locally, she dances with Dance Unlimited, a Hermiston school at 1000 S. Highway 395 Suite C. There, she

said, she enjoys working with her coaches. She added they work well together to meet her goals.

"I want to become a professional dancer and go to Juilliard," she said.

Breah credited The Juilliard School for being a premier performing arts school that will require "lots of dedication" from her if she is to attend.

In addition, her ambitions include learning choreography, something she said she will eventually study.

## The upcoming performances

The daughter and granddaughter of men in law enforcement, Breah said police are important to her. She was particularly touched by the death of Dia, whom she calls a hero. He stands out, she said, because of his final radio call before his death in which he told a dispatcher he loved his family.

Her upcoming solo performances, which she has dedicated to Dia and other police officers, are especially meaningful to her. Dia, she said, was 26 years old and a father of two children.

"It touched my heart specially, because I feel police don't get support much," she said.

Breah's mother, Kelley Rios, supports her daughter.

"I am incredibly proud of Breah for doing this tribute dance at competition and doing what she feels is right despite the outcome," Rios said.

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