

MAN OF THE MONTH FOR MAY 2013 BRIAN ROBITAILLE – CANADA



Brian Robitaille was born on January 12, 1965 in the small town of Gimli, province Manitoba in Canada. He is married to Shiree and they have a pet dog, named Dharma, as part of their family.

Brian was elected last year in Bangkok, Thailand as the WBPF Vice-President for North America. A very dedicated and hard working official and a man of great principles.

Christina Kam – WBPF Executive Director, Shiree and Brian Robitaille, WBPF Vice-President for North America



Shiree and Brian Robitaille

Q & A

1. How you got involved in bodybuilding?

I was in my late twenties, working as a software designer for our national defense department, when someone in the gym asked if I was a former bodybuilder. I said, no. But that planted a seed, so within a year I did my first city-level competition. By the mid 1990s I had become a judge and soon after filled a role in the local administration of the sport and did so for about 15 yrs. I left the IFBB several years ago, for many of the same reasons the WBPF broke away from the IFBB (mismanagement and corruption). I joined a local drug-free bodybuilding organization for a couple of years, but soon became dissatisfied with their lack of international affiliation. I started a new federation in Canada about a year and a half ago, aligning with the WBPF, in order to offer Canadians a choice (a better choice) in bodybuilding.

2. Are you are bodybuilder, if so, have you won any competitions and in which years?

I competed as an amateur bodybuilder in the welter-weight division (75kg) in the 1990s through to the early 2000s. I won two national titles (one of them the “overall”), and represented Canada in the 2000 IFBB World Championships held in Malacca, Malaysia (I did not make the finals).

3. Since when you started training with weights? At what age?

Like many athletes, I started lifting weights when I was a teenager to improve my sports. My father bought me a home weight set when I was just 13 years old and encouraged me to weight train in the basement of our home to help improve my sport, wrestling. I did well in wrestling, but did not stick with it when my family moved across the country. I did, however, continue weight training. I became a lifeguard, getting into swimming and “lifesaving sport”, and continued to weight train all through my college years and have never stopped. I still train in the weight room 2-3 times per week – bodybuilding is a permanent part of my life.

4. Who motivated you into bodybuilding sport?

No one iconic person brought me into competitive bodybuilding – it was mostly a lark that I did my first stage appearance. But I won that first time, and, well, I just kept going.

5. In which year you were elected as the President of this organisation?

I helped form Canada’s first WBPF affiliate, Physique Canada, in 2011 and have held the position of president since then.

6. Is your federation recognized by your Olympic Committee and by the Ministry of Sports?

Official recognition by our Ministry of Sport of a bodybuilding federation has never happened in Canada. We are following a plan to become the first. Affiliation with the WBPF is definitely a point in our favor I feel.

7. How popular is bodybuilding in Canada and in which city that has most gyms and bodybuilders? What about women's bodybuilding and Fitness and Model Physique

Bodybuilding in Canada follows closely with the USA. It remains a niche sport that suffers lack of mainstream acceptance because of rampant drug use. Most average citizens and sports fans give bodybuilding little attention. Bodybuilding news reporting is non-existent outside of muscle magazines. However, health clubs are very popular and numerous in Canada, with many members following bodybuilding lifestyles, but with no real interest in the sport side of bodybuilding. Toronto, a city in my home province, as well as the nation's capital (Ottawa) is two cities where the sport of bodybuilding is doing quite well. Women's bodybuilding is not at all popular anymore, and neither is Fitness (based on number of entries in competitions). However, women's model and athletic physique divisions are booming.

8. Who is your favorite bodybuilder in the world?

I like the classic, more aesthetic physiques of the 1950s - 1970s, so naturally I think Steve Reeves, Serge Nubret, Frank Zane, and others.



Brian Robitaille

9. Why your federation decided to join WBPF?

Physique Canada wanted to provide the opportunity for our champions to compete at a world level. In addition to being a legitimate world-wide sporting federation, WBPF is a better alternative to the IFBB. The decision was obvious on who to affiliate with.

10. What is your opinion of the WBPF and its leaders?

We have just recently joined the WBPF and the welcome we received has been very warm. I sense that respect and co-operation are the hallmarks of the WBPF leadership. I look forward to working together with the WBPF leadership and spreading the success into North America.

11. What is your favorite food?

My favorite food is classic North American fare: the simple hamburger. But, honestly, there are not many sorts of food I don't like – I am quite easy to please.

12. Do you love music and if so, what type of music you listen to?

I am a fan of folk music, with emphasis on acoustic instruments and harmonies. I myself have no musical talent but enjoy listening to live music whenever I get the chance.

13. Besides bodybuilding, what other hobbies you have?

I have always been an outdoorsman. When I had younger knees, I used to snowboard every winter, and mountain bike every summer. These days I am very involved in cycling, in fact I still race in Masters Competitions, specializing in time trials.

14. What is your present job and do you own a gym?

I started a new career in recreation a few years ago. I currently help run a large public recreation complex with a team of five managers and hundreds of part-time staff. Before this, I was a paramedic, and then before that I was a computer programmer.

15. How many affiliates you have with your federation?

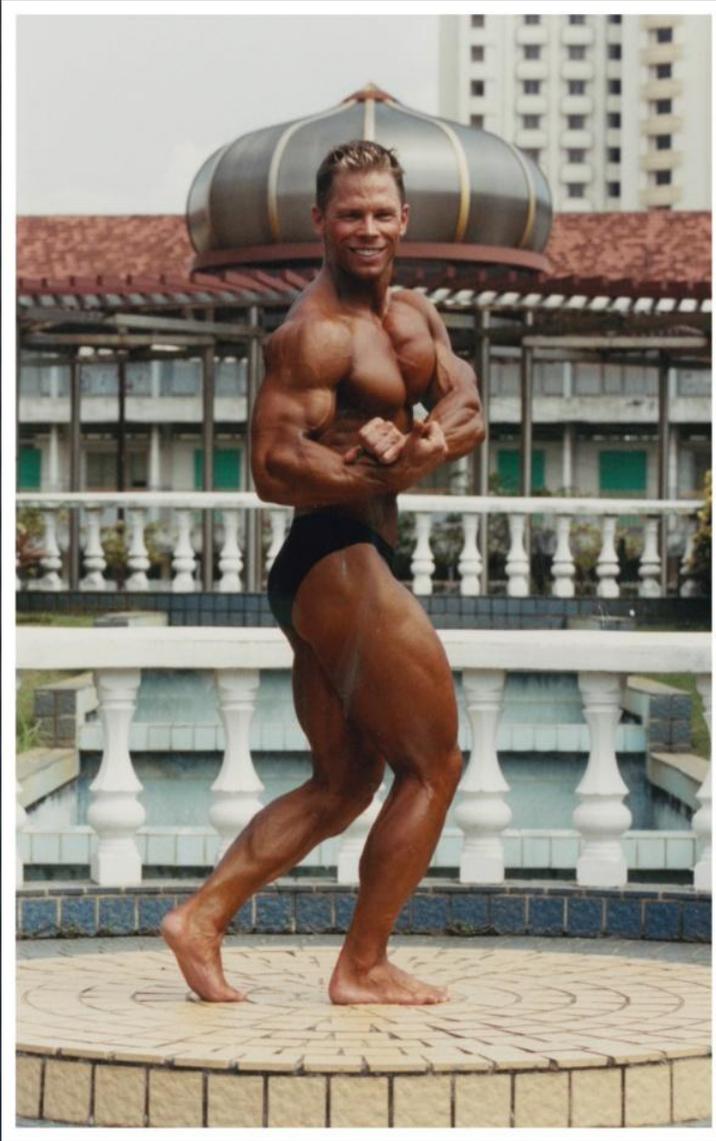
Our federation is currently managed centrally, with no sub-affiliates.

16. What is the future of our sport in Canada?

Short term, I don't see much changing in Canada for bodybuilding. Long term, the sport will become popular when it gains legitimacy by being recognized by our Ministry of Sport. This will assist greatly in displacing the IFBB in Canada, and then the opportunities will really present themselves.

17. Do you intend to organize any major competitions in the near future?

In near-term plans are to solidify our federation by growing domestic competitions to a point where we can fund expansion of the WBPF into the USA. In 2014 we might consider adding some invitational divisions to our national championships. But, for the time being, we lack the resources to stage any kind of decent extra-national contest.



Brian Robitaille in the year 2000 in Malacca