

THE STARK CENTER

Doris Barrilleaux Collection

The H.J. Lutcher Stark Center for Physical
Culture & Sports

The University of Texas at Austin

Finding Aid

*Doris Barrilleaux Collection: 13 Boxes, 610 Folders, 17 Artifacts, no date, 1978-2009
(9,634 items)*

Abstract

Known as the “First Lady of Bodybuilding,” Doris Barrilleaux founded the Superior Physique Association (SPA) and had leadership positions with the International Federation of Bodybuilding (IFBB) and American Federation of Women’s Bodybuilding (AFWB). This collection showcases Barrilleaux’s involvement with bodybuilding and the sport’s development from the 1960s to the 1980s. The collection includes an assortment of photographs, audiotapes, videos, correspondence, and documents, as well as articles from a number of bodybuilding magazines from the 1970s to the 2000s.

Access

Access to the Doris Barrilleaux Collection is restricted to visitors of the H.J. Lutcher Stark Center for Physical Culture and Sports. The Stark Center welcomes access inquires and encourages research appointments. For more information, phone (512) 471-4890, email info@starkcenter.org, or visit www.starkcenter.org.

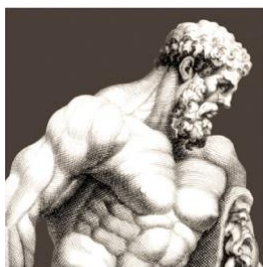
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Processing Information

Collection processed in 2013 by Megan Fischer, Shanda Ransom, and Brittany Stratton under the supervision of Brent Sipes.

Copyright



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Preferred Citation

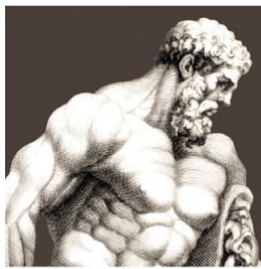
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Subject Index

Key Terms

Bodybuilding: pages 12, 14, 15, and 16

Bodybuilding photography: pages 7 and 8



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Bodybuilding posing: pages 7 and 8

Competitions: pages 7, 8, 11-13

Ms. Brandon Physique Competition: page 13

Women's bodybuilding

Organizations

American Federation of Women Bodybuilders (AFWB): pages 11 and 18

International Federation of Bodybuilders (IFBB): pages 11, 15, 18

Superior Physique Association (SPA): pages 12, 15, 18

People

Doris Barrilleaux: pages 12, 14

First Lady of Bodybuilding

Publications

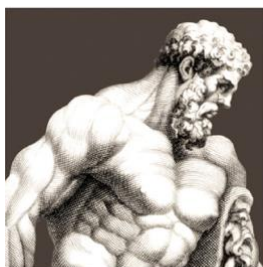
And I Did!: page 14

Forever Fit: page 12

Biographical Note

Born in Houston, Texas, in 1931, Doris Barrilleaux is a mother, a grandmother, a great-grandmother, and is known in the bodybuilding community as the "First Lady of Bodybuilding." In childhood she was inspired by the Tarzan movies, and as a young adult, she was interested in physical activities and sports.

She started weight training in 1955 after giving birth to her fourth child and realizing that, while still thin, she had lost all of her physical strength. She began by reading men's bodybuilding magazines and doing the workouts shown there with 10 to 15 pound weights. Barrilleaux sent a picture of herself in a double-bicep pose, emulating the poses she saw in the men's magazines to Vera Christenson, a writer for *Strength and*



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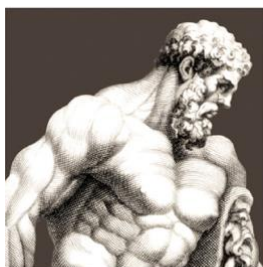
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Health magazine. Christenson responded by requesting a photograph of a more feminine pose. Doris sent one in, and the photograph was published in *Strength and Health* magazine in 1963.

In 1977, she was encouraged to compete in The First National Physique Competition, a female bodybuilding competition, in Ohio. It was at this point that she began to realize that there were different rules for men and women competitors. For instance, women had to wear pants when having their upper bodies judged and shirts when having their lower bodies judged. Barrilleaux continued her involvement with competitive bodybuilding, including being invited to guest pose at a men's competition in Tampa, Florida in 1978. It was at this men's competition that she and Suzanne Kosak, a fellow woman bodybuilder, came up with the idea to create a competition for women that was judged more like the men's competitions. She also started to photograph bodybuilders because she enjoyed photography, and it allowed her to be more involved in the bodybuilding world.

In 1978, she, along with Suzanne Kosak and Linda Gleason, formed Superior Physique Association, Inc. (SPA). In 1979, they put on the Ms. Brandon Physique competition in Brandon, Florida, with 13 contestants including Doris Barrilleaux. This competition marked the beginning of a change in women's bodybuilding, particularly in rules. New rules included having a mostly female judging panel, as opposed to a mostly (or all) male panel model that formerly had been the convention. Ms. Brandon Physique became the first of many modern women's bodybuilding competitions, including the first International Federation of Bodybuilding (IFBB) Women's World Pro Bodybuilding Competition held in Los Angeles.

Superior Physique Association (SPA) was featured on the 1979 TV show, *Real People*, which highlighted female bodybuilders who wanted to be recognized for body sculpting and to educate non-bodybuilders about the benefits gained from weight



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training. Both women and men began to show more interest in SPA after the broadcast of the show. In 1979, Barrilleaux co-authored *Inside Weight Training for Women*, and SPA grew to have representatives in all but two states, as well as many representatives in Europe.

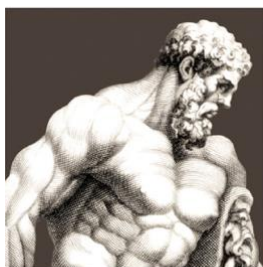
During her career, Doris actively promoted the sport of bodybuilding. She contacted the press, did interviews, did photo shoots, continued photographing bodybuilders, and wrote articles for a number of publications, such as *Iron Man*, *Muscle Training Illustrated*, *Strength and Health*, *Muscle Development*, and *Shape and Flex*.

In 1978, she became the women's editor of *Muscle Training Illustrated* and was given a regular column, "Curves and Peaks." She continued to photograph and report on competitions all over the world for publications like *MuscleMag International*. She can claim over 200 magazine covers to her name.

In 1980, Doris was elected Chairwoman of the International Federation of Bodybuilders (IFBB). Within the IFBB, she formed the American Federation of Women's Bodybuilding (AFWB), which absorbed the SPA organization. She judged many competitions for the IFBB and the AFWB, including being the head judge for the Ms. Olympia competition in 1981. In 1983, she completed her book *Forever Fit*.

During her time with IFBB, she continued to work on standards, rules, and regulations for judging women's bodybuilding. The SPA initiated the "Couples" competition, which was quickly renamed "Mixed Pairs" to indicate male and female bodybuilders posing together with unique and artistic routines. However, by 1984, this part of competitive bodybuilding was no longer performed in competitions.

Doris maintained a strong and clear vision of the future of women's bodybuilding. She believed that there should be two classes, one for the more muscular women, and one



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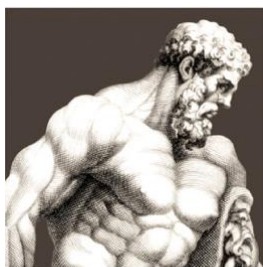
for the less muscular women, and emphasized the feminine side and art form of the sport. This vision eventually led Doris to leave the IFBB due to disagreements about the direction of women's bodybuilding as a sport. She wanted women to be able to control their sport instead of men. Anabolic steroids were beginning to become a point of controversy, and she wrote many articles taking a stand against them. She continued to photograph both men's and women's competitions until 2004.

In 2011, she was inducted into the National Fitness Hall of Fame and completed her multi-media DVD, *And I Did!*, which is an autobiography containing 46 hours of material. The DVD covers her personal life, her family, her bodybuilding photography and participation, and her competition judging. The autobiography also discusses her leadership roles and how she campaigned to change women's bodybuilding.

Scope and Content

Doris Barrilleaux Collection: 12 Boxes: 85 Folders: 838 photographs, 408 audio tapes, 15 beta tapes, 7 DVDs, 16 books, 13 programs, 1 set of playing cards, newspaper clippings, correspondence, and publications, 1970s - 2000s and undated (1,298 items plus clippings and correspondences)

The collection documents Doris Barrilleaux's bodybuilding career and her involvement in the development of the sport. Her work as a bodybuilding photographer is represented as well as her work as the founder of the American Federation of Women's Bodybuilding (AFWB). The collection contains a myriad of items including 408 audiotapes, 22 videos in various formats, 838 photos taken by Doris for competitions and posing, 13 programs from various bodybuilding competitions and events, personal and professional correspondences, articles written both by and about Doris, and newspaper clippings. Some of the prominent topics include judging criteria, posing, steroid use, women in bodybuilding, benefits of bodybuilding, bodybuilding organizations, and bodybuilding photography. Included in the collection are Doris's



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personal interviews with some of the founders of the sport, such as Don Peterson, Georgia Miller Fudge, Cheryl Jones, Frank Zane, and Tony Cusak, and photographs emphasizing the changing views of the sport. There are articles from magazines and newspapers, not just about Doris but also about bodybuilding in general. The material dates from the late 1970s to the mid-1990s with a majority of items being from the early 1980s.

Collection Arrangement

13 Boxes

Box 1: 5 Folders: Photography: Women's Posed Singles, Women's Competition Group, Women's Calendar, Women's Competition Singles

Box 1, Folder 1: Women's Posed Singles

Box 1, Folder 2: Women's Competition Group

Box 1, Folder 3: Women's Calendar

Box 1, Folder 4: Women's Competition Single (A)

Box 1, Folder 5: Women's Competition Single (B)

Box 2: 4 Folders: Photography: Men's Group Competition and Men's Single Competitions

Box 2, Folder 1: Men's Group Competition

Box 2, Folder 2: Men's Single Competition (A)

Box 2, Folder 3: Men's Single Competition (B)

Box 2, Folder 4: Men's Single Competition (C)

Box 3: 5 Folders: Photography: Men's Single Competitions, Men's Calendars, Men's Single Posed

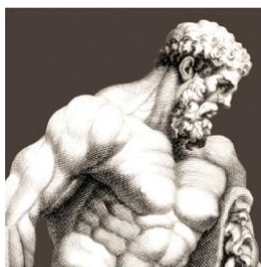
Box 3, Folder 1: Men's Single Competition (D)

Box 3, Folder 2: Men's Single Competition (E)

Box 3, Folder 3: Men's Single Competition (F)

Box 3, Folder 4: Men's Single Posed

Box 3, Folder 5: Men's Calendars



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Box 4: 6 Folders: Photography: Mixed Groups, Mixed Pairs Posed, Mixed Candid
Competition, Mixed Competition Couples, Assorted, Duplicates

Box 4, Folder 1: Mixed groups

Box 4, Folder 2: Mixed pairs posed

Box 4, Folder 3: Mixed competition couples

Box 4, Folder 4: Mixed candid competition

Box 4, Folder 5: Assorted

Box 4, Folder 6: Duplicates

Box 5: 1 Folder: Audio: Interviews (47 items)

Box 5, Folder 1: Interviews

Anne Murray (1 item)

Audry Harris (1 item)

John Balik, Arnold Schwarzenegger (1 item)

Barry Demay (mini recorder) (1 item)

Beckles, Defender (1 item)

Benita Carswell, Terrlli (1 item)

Brian DeMay, Pam Meister (1 item)

Blaraclou Lee, West Palm, Manning Harrod (1 item)

Brian Silk (1 item)

Bruce Randall (1 item)

Bruce Randall (1 item)

Caldwell Steele (1 item)

Carolyn Chesire (1 item)

Carla Dunlap (1 item)

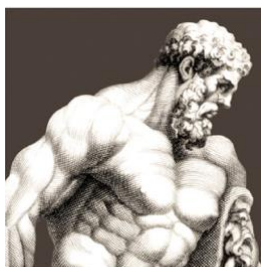
Carla Dunlap/Clare Furr (1 item)

Carline Bond, Barrie Bailey (1 item)

Champions (1 item)

Cheryl Jones (1 item)

Cheryl Jones, Deborah Diana (1 item)



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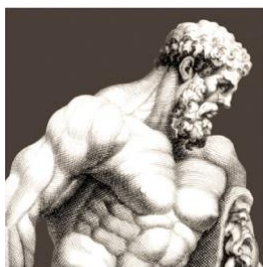
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Cheryl Jones, Joyce (1 item)
Chet Yorton (1 item)
Chris Dickerson (1 item)
Cory Everson (cracked tape) (1 item)
Cory Everson/Jan Todd / Lee Haney (1 item)
Deborah Diana, Bowen (1 item)
Dick Kellor (1 item)
Don Caitlin, Elliot, Lawrence Dennis (1 item)
Don Caitlin, Lynne Pirie (1 item)
Don Chuck Smith (1 item)
Don Peterson (1 item)
Don Peterson (Bodypart interview) (1 item)
Don Peterson, Lascn, Jesup Wilkosz (1 item)
Franco Columbu (1 item)
Frank & Christine Zane "The Zane Way to a Beautiful Body" (1 item)
Frank Calta (1 item)
Georgia Miller Fudge (1 item)
Georgia Miller Fudge (1 item)
Georgia Miller Fudge (1 item)
Georgia Susrind (1 item)
Grines, Kinkaid, Lawrence, School (1 item)
Grydoee (1 item)
Jeannie Secrist, Tony Pearson (1 item)
Jessie Gautrexus, John Schliker (1 item)
Jyri/Torelli (1 item)
Kay Baxter, Todd King (1 item)
Kay Baxter, Labranda (1 item)
Ken James (1 item)

Box 6: 2 Folders: Audio: Interviews and Assorted (23 items)



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Box 6, Folder 1: Interviews (20 items)

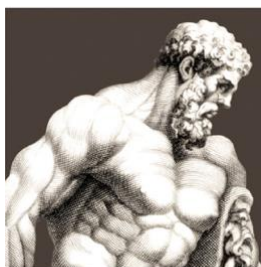
Kyle, Cheryl Jones, B. Jones (1 item)
Lisa Lyons, DJ (1 item)
Lisa Mauer, Jusup Wilkosz (1 item)
Martinez (1 item)
Miami Interviews (1 item)
Mike Mentzer, Danny Padilla (1 item)
Mohamad Makkawy (1 item)
Nat Shepard, Cory Everson (1 item)
Patsy Chapman (1 item)
Price Gaubert (1 item)
Rachel McLish (1 item)
Rachel McLish (1 item)
Roger Frandecky, Lytch (1 item)
Schliecher (1 item)
Shelby Tinneck (1 item)
Shelley Gruwell, Lynne Pirie (1 item)
Shelley Gruwell, Lynn Conkwright (1 item)
Shery Atton/ Perder (1 item)
Timmreck / Timmrick/Luke Tesvich/Kim LeBlanc (1 item)
Tony Cusak, Ken Bart (1 item)
Tony Cusak, Weider (1 item)

Box 6, Folder 2: Assorted (3 items)

English (1 item)
Blank (1 item)
Blank (1 item)

Box 7: 4 Folders: Audio: Meetings, Clinics and Seminars, Radio/TV, and Music (41 items)

Box 7, Folder 1: Meetings (13 items)



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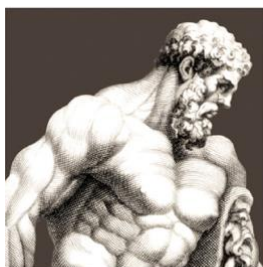
Amateur Athletic Union (AAU) Las Vegas (1 item)
American Federation of Women Bodybuilding (AFWB) (1 item)
American Federation of Women Bodybuilding (AFWB) (1 item)
American Federation of Women Bodybuilding (AFWB) National Physique
Committee (NPC) Meeting/Clare Furr, Steroids Stan (1 item)
American Federation of Women Bodybuilding (AFWB) National Physique
Committee (NPC), Dobbins (1 item)
American Federation of Women Bodybuilding (AFWB), 10/8/84 (1 item)
American Federation of Women Bodybuilding (AFWB), 10/84, 10/84 (1
item)
American Federation of Women Bodybuilding (AFWB), 10/84 Dennis
Tinerino (1 item)
Australia Judges Meeting, Professor Torelli (1 item)
Beauty Contest Scolaro, International Federation of Bodybuilders (IFBB)
Women's Meeting (1 item)
Vegas International Federation of Bodybuilders (IFBB) (1 item)
Women's Meeting (1 item)
World Competition/International Federation of Bodybuilding (IFBB)
Women Exec (1 item)

Box 7, Folder 2: Clinics and Seminars (7 items)

American Federation of Women Bodybuilding (AFWB) Clinic (1 item)
Clinic (mini recorder) (1 item)
DJ seminar (1 item)
Doris Seminar (1 item)
Doris Seminar/ Torelli (1 item)
Tony Pearson Women's Seminar (1 item)
Wash Clinic (1 item)

Box 7, Folder 3: Radio/TV (8 items)

43 Real People (1 item)



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20/20, 3/82 S. Fla TV (1 item)

Hawaii (1 item)

John East Show, 10/79, Superior Physique Association (SPA) for EH Tribune
(1 item)

Singapore Radio Luis Congress (mini recorder) (1 item)

Slide Press #1, R.L.K. (1 item)

TV/Radio (1 item)

WPLP Talk Show (1 item)

Box 7, Folder 4: Music (12 items)

A Side: Always a Woman/Deborah Diana / B Side: English (1 item)

Fulcano, Neil Diamond (1 item)

Forever Fit: Doris Barrilleaux (1 item)

Forever Fit: Doris Barrilleaux/Blank (1 item)

Good Bad, Fevor, Track (1 item)

Doris Barrilleaux – I am Woman (1 item)

Doris Barrilleaux – I am Woman (1 item)

Doris Barrilleaux – I am Woman (1 item)

Jones, Oliver, Maths (1 item)

My Turn (1 item)

Natural High – Commodores (1 item)

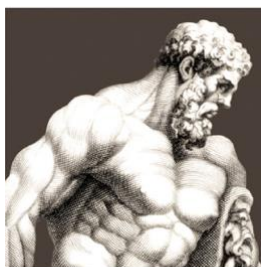
Women Stories (1 item)

Box 8: Video: Competition, TV Shows, and Documentary (16 items)

Box 8: Competition (7 items)

Hawaii International Bodybuilding Championships, W0_06_013, Ampex
videocassette (Duplicated on W0_06_001, Betacam, and on DVDs of the
same numbers) (1 item)

Miss Olympia Competition 1982, 31-89, dark picture quality, Memorex
DVD-R (Duplicated on Memorex DVD-R 1982 Miss Olympia) (1 item)



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Miss Olympia Part 1, 1983, Memorex DVD-R (1 item)

Miss Olympia Part 2, 1983, Memorex DVD-R (1 item)

Mr. Asia Championship, 1982, Tokyo, 1 hr. 10 min., Memorex DVD-R (1 item)

Ms. Brandon Physique part 1, 2010_W0_06_011, Ampex videocassette
(Duplicated on W0_06_005, Betacam, and on DVD of the same numbers)
(1 item)

Ms. Brandon Physique part 2, W0_06_012, Ampex videocassette
(Duplicated on W0_06_007, Betacam, and on DVDs of the same numbers)
(1 item)

Box 8: TV Shows (8 items)

Living for Today, W0_06_010, Ampex videocassette (Duplicated on
W0_06_002, Betacam, and DVDs of the same numbers) (1 item)

Motivational Weight Control, 30-969, Memorex DVD-R (1 item)

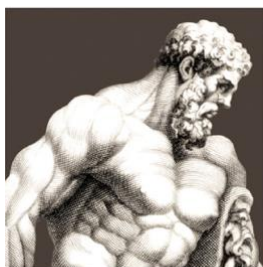
Motivation Weight Control, 30-708, Memorex DVD-R (1 item)

Motivation Weight Control, 31-89, Memorex DVD-R (1 item)

Patter with Ken James, W0_06_012, Ampex videocasstte (Duplicated on
DVDs of the same numbers) (1 items)

Real People, W0_06_012, Ampex videocassette (Duplicated on W0_06_010,
Ampex videocassette, W0_06_002, Betacam, and on DVDs of the same
numbers) (1 item)

To Tell the Truth, W0_06_010, Ampex videocassette (Duplicated on
W0_05_004, Betacam, and on DVDs of the same numbers) (1 items)



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Womens World of Bodybuilding, W0_06_015, Fuji Videocassette Beridox
(Duplicated on DVDs of the same number) (1 items)

Box 8: Documentary (1 item)

W0_06_014: *Muscle Madness* documentary, 1981 part 1 and part 2, No sound, Ampex videocassette (Part 1: duplicated on W0_06_007, no sound, Betacam, and W0_006_008, with sound, Betacam, and on DVDs of the same numbers. Part 2: duplicated on W0_06_003, with sound, Betacam, W0_06_006, no sound, Betacam, and on DVDs of the same numbers) (1 item)

Box 9: 28 Folders: Publications: Articles and Books Written by and about Doris Barrilleaux

Box 9, Folder 1: *American Karate and Muscle & Bodybuilder*

Box 9, Folder 2: *And I Did!* Autobiography

Box 9, Folder 3: Artwork

Box 9, Folder 4: Book – Icarus Press

Box 9, Folder 5: *Florida Muscle News*

Box 9, Folder 6: *Golden Years*

Box 9, Folder 7: *Iron Man*

Box 9, Folder 8: Magazine Materials

Box 9, Folder 9: Man of the Month

Box 9, Folder 10: Miscellaneous Articles

Box 9, Folder 11: *Muscle Training Illustrated (MTI)*, 1982 (A)

Box 9, Folder 12: *Muscle Training Illustrated (MTI)*, 1982 (B)

Box 9, Folder 13: *Muscle Training Illustrated (MTI)*, 1982 (C)

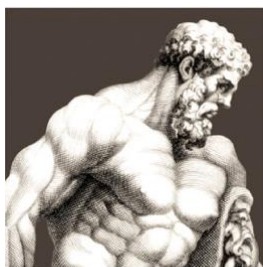
Box 9, Folder 14: *Muscle Training Illustrated (MTI)*, 1983

Box 9, Folder 15: *Muscle Training Illustrated (MTI)*, 1984 (A)

Box 9, Folder 16: *Muscle Training Illustrated (MTI)*, 1984 (B)

Box 9, Folder 17: *Muscle Training Illustrated (MTI)*, 1985

Box 9, Folder 18: *Muscle Training Illustrated (MTI)*, 1986



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Box 9, Folder 19: *Muscle Training Illustrated (MTI)* – Correspondence & Invoices

Box 9, Folder 20: *Muscle & Fitness* and *Shape & Flex*

Box 9, Folder 21: *Muscle Magazine International*

Box 9, Folder 22: *Natural Body & Fitness*

Box 9, Folder 23: *New Muscular Development (MD)*

Box 9, Folder 24: Not Submitted

Box 9, Folder 25: *Riverview*

Box 9, Folder 26: Sent

Box 9, Folder 27: Superior Physique Association (SPA) Publications

Box 9, Folder 28: *Strength & Health* and *Muscular Development*

Box 10: 11 Folders: Publications: IFBB, Event Programs, Playing Cards, Newspaper Clippings, General Books, and Personalized Books

Box 10, Folders 1-4: IFBB Publications

Box 10, Folder 1: Events

Box 10, Folder 2: General Information

Box 10, Folder 3: Health & Research

Box 10, Folder 4: Women

Box 10, Folders 5-7: Event Programs (13 items)

Box 10, Folder 5: 1979 – 1982 (4 items)

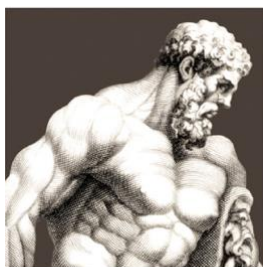
Florida Bodybuilding Championships, 1979 (1 item)

Physique Productions Presents the Grand Prix, Washington, DC, 1981 (1 item)

AAU Mr. Southern States, Teenage Southern States, Over-35 Southern States, Ms. Southern States, 1981 (1 item)

Greater Gulf States Bodybuilding Championships, 1982 (1 item)

Box 10, Folder 6: 1984 – 1993 (5 items)



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Ms. & Mr. West Palm Beach, 1984 (1 item)

Proceedings - The National Women's Leadership Conference on Fitness,
Washington, DC (Presented by President's Council of Physical Fitness &
Sports), April 6-7, 1984 (1 item)

NPC North Florida Bodybuilding Championships, Florida N. District
Championships, 1988 (1 item)

15th Annual West Palm Beach Bodybuilding Championships, 1993 (1
item)

Southern States NPC, Fort Lauderdale, FL, 1993 (1 item)

Box 10, Folder 7: 1994 – 2008 (4 items)

NPC Sunshine Classic Bodybuilding Championships (First Annual NPC
National Wheelchair Bodybuilding Championships), 1994 (1 item)

NPC Hurricane Bay Bodybuilding, Fitness & Figure Championships, 2006
(1 item)

NPC Hurricane Bay Bodybuilding, Fitness & Figure Championships, 2007
(1 item)

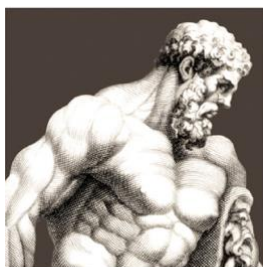
NPC Hurricane Bay Bodybuilding, Fitness & Figure Championships, 2008
(1 item)

Box 10, Folder 8: Playing Cards (1 item)

Box 10, Folder 9: Newspaper clippings

Box 10, Folder 10: General Books

Box 10, Folder 11: Personalized Books



THE STARK CENTER

Doris Barrilleaux Collection

The H.J. Lutcher Stark Center for Physical
Culture & Sports

The University of Texas at Austin

Box 11: 27 Folders: Correspondence: 1983

Box 11, Folder 1: A

Box 11, Folder 2: B1

Box 11, Folder 3: B2

Box 11, Folder 4: C

Box 11, Folder 5: D

Box 11, Folder 6: E

Box 11, Folder 7: F

Box 11, Folder 8: G

Box 11, Folder 9: H

Box 11, Folder 10: I

Box 11, Folder 11: J

Box 11, Folder 12: K

Box 11, Folder 13: L

Box 11, Folder 14: M

Box 11, Folder 15: N

Box 11, Folder 16: O

Box 11, Folder 17: P

Box 11, Folder 18: Q

Box 11, Folder 19: R

Box 11, Folder 20: S1

Box 11, Folder 21: S2

Box 11, Folder 22: T

Box 11, Folder 23: V

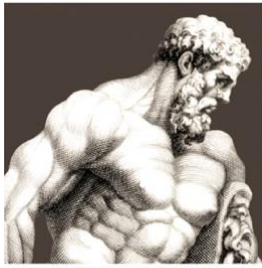
Box 11, Folder 24: W

Box 11, Folder 25: Y

Box 11, Folder 26: Z

Box 11, Folder 27: Correspondence List of Names

Box 12: 6 Folders: Correspondence Assorted



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Box 13, Folder 1: Draft Correspondence

Box 13, Folder 2: IFBB and AFWB Correspondence

Box 13, Folder 3: Israel

Box 13, Folder 4: SPA Correspondence

Box 13, Folder 5: Scanned Duplicate Correspondence

Box 13, Folder 6: Assorted