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IRONMAN

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SHORT STUFF

And we forgot the most important thing. Bodybuilder **Dre Dillard**'s televised road-to-the-Nationals series, discussed in this column last month, is being broadcast on Fox Sports Southwest. Fans in that part of the country should check local listings.

New Web sites. Reigning queen of the Fitness America Pageant **Stacey**

Cravens (left) is now appearing online at

[www.staceycravens](http://www.staceycravens.com)

[.com](http://www.staceycravens.com).... Fitness pro **Allison Bookless** and **Brandy Flores**, who appeared with **Jay Cutler** on last month's cover, are both touting revamped Web presences at allybookless.com and brandyflores.com, respectively.... At

www.jennyh.com energetic Ohioan **Jenny Hendershott** is "now offering customized diets, cardio regimens and workouts for anyone who is looking to reach their goals as well as fitness routines, music design and workshops. All of these things can now be paid for with a credit card online," she reports. For info on the camps, the first of which will take place at the end of March in Canada, contact her at jenhenfit2000@aol.com.

Stacey Cravens.



Jenny Worth.

