

Bresee Wins Triathlon's Dairy Producers Category

WILLIAMSPORT — The fifth annual Endless Mountains Triathlon, an American Dairy Association and Dairy Council-sponsored swimming, biking and running competition, proved to be a great dairy product promoter. The event was held amidst Bradford County's challenging mountainous terrain on Sunday, June 21.

The competition proved an outlet for positive dairy nutrition

promotion, with prime conditioned athletes enjoying dairy products following the race. Race director Steve Moore noted that, "many of the competitors really appreciated having yogurt and other nourishing foods to rejuvenate themselves following the race." Moore continued by saying, "It was also exciting to promote healthy foods as opposed to alcoholic beverages, for example, that are not good for your body and

do not present a positive image to children."

Competitors prepared for the race by attending a special Sports Nutrition Seminar conducted by Dairy Council Inc., featuring Virginia Corcoran, R.D. The seminar presented proper nutrition practices for the endurance athlete. Participants also received a post-race massage, same-day computerized results, and a 100 percent cotton training shirt, as well as free yogurt, pizza and ice cream.

Winners of this year's competition include the following: 34-year-old Bill Ruth of Bethlehem, men's all-around, who finished with a time of 2:11:26; and in the women's all-around, 23-year-old Lorraine Foreina from West Trenton, N.J., who finished in 2:32:44. A special feature of the triathlon was a category set aside for dairy producers. The winner was Lesley Bresee of Ulster, who finished in 3:06:32.

ADADC, along with local dairy producers and princesses, built a giant ice cream sundae for the several hundred onlookers. Ice cream was provided by Edgewood Dairy.



Bystanders look on as Lorraine Foreina of West Trenton, N.J., crosses the finish line for first place in the women's division in the Endless Mountain Triathlon. The event was sponsored by the American Dairy Association and Dairy Council Inc.

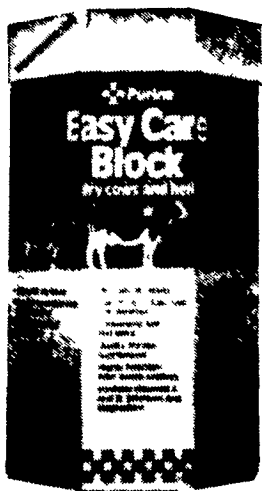
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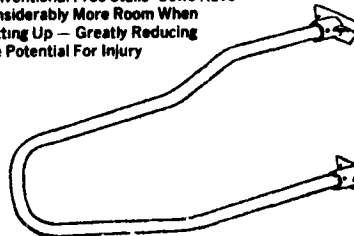
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