

## DEDE GRIESBAUER WINS THE THIRD ANNUAL AFLAC IRON GIRL COLUMBIA TRIATHLON

Sold-Out Event Brings Together Women From Across the U.S.

August 24, 2008 – Today, Dede Griesbauer, 38, from Boston, MA, won the third annual Aflac Iron Girl Columbia Triathlon. The sold-out event at Centennial Park offered a \$5,000 prize purse and consisted of a 1,100-yard swim (.625 miles), a 17.5-mile bike and a 3.4-mile run. The all-women's triathlon had nearly 1,700 finishers, ranging in age from 12 years old to 76 years old, and in fitness level, from beginner to professional.

The top five results from the race are listed below:

1. Dede Griesbauer, 38, Boston, MA – 1:22:36 (Professional Athlete)
2. Justine Whipple, 23, Pembroke, MA – 1:24:49 (Professional Athlete)
3. Laurel Wassner, 33, Hoboken, NJ – 1:25:18 (Professional Athlete)
4. Rebecca Newton, 32, Lexington Park, MD – 1:30:31 (Age-Group Athlete)
5. Cassie McWilliam, 42, Rye, NY – 1:31:18 (Age-Group Athlete)

The top Mother/Daughter Team is listed below:

1. Team McIntyre  
Janelle McIntyre and Riley McIntyre, Ellicott City, MD – 3:27:38

Over 30 states were represented this morning, including the event's home state of Maryland, as well as Delaware, Illinois, Massachusetts, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Virginia, Wisconsin and the nation's capital, Washington D.C.

There were several athletes who stood out of the crowd with their inspirational stories. Among them were:

- Mary Clair Scheungrab, 59, Mechanicsville, MD - Mary Clair was diagnosed with breast cancer and after her daughter's suggestion, made it a goal to compete in an Aflac Iron Girl Triathlon with her two sisters. Now healthy and strong, Mary Clair completed the Aflac Iron Girl Columbia Triathlon with her sisters and inspired other women to accomplish anything they set their hearts and minds to.
- Melissa Emery, 43, Columbia, MD - Melissa's first triathlon was the 2006 Iron Girl Columbia. She missed the 2007 event due to ovarian cystitis, endometriosis and a complete abdominal hysterectomy. She has made a full recovery and today completed her second Aflac Iron Girl Columbia Triathlon.
- BethAnn Telford, 39, Fairfax, VA – BethAnn was diagnosed with brain cancer in 2005. After surgery, when she believed all the cancer was removed, it returned once again in 2006. To date, she is still battling brain cancer and finished her last round of chemotherapy two days before completing the Aflac Iron Girl Columbia Triathlon. BethAnn does not let cancer stop her, as she continues to compete in triathlons including the 2007 Ford Ironman Lake Placid and Eagleman Ironman 70.3.
- Deb Bowers, 39, Dunn Loring, VA - After a 125 pound weight loss, Deb competed in today's event and will continue to be fit, healthy and set an example of what it is to be a strong woman.
- Chris Anne Spehar, 40, Annapolis, MD - Chris Anne completed the Aflac Iron Girl Columbia Triathlon after spending 18 months in Iraq and 6 months at Camp Lemonier in Djibouti, Africa. In her time overseas, Chris Anne missed competing in races the most.

Fundraising efforts from the Aflac Iron Girl Columbia Triathlon, the seventh event in the 2008 Aflac Iron Girl National Women's Event Series, benefited The Ulman Cancer Fund, located in Columbia, MD, to assist young adults living with and recovering from cancer. To learn more about The Ulman Cancer Fund For Young Adults, visit <http://www.ulmanfund.org/>.

Aflac, title sponsor of the Iron Girl National Event Series, continues to provide additional amenities and support for the events. Participants were offered first aid and sun safety kits, with sunscreen, and Aflac-

branded sponges at each of the refueling stations, in addition to wellness brochures specific to women. Aflac also awarded each finisher with a commemorative Aflac Iron Girl plush duck, similar to the one made famous in its national advertising campaign.

Today's event was made possible by national partners including: Celsius, Luna Bar, PODS, Polar, Specialized and Nightmare Graphics, Inc., Iron Girl's official merchandiser. Local support was provided by partners such as: David's Natural Market, Howard County Tourism Council, Princeton Sports and Sheraton Columbia Hotel.

The Iron Girl Brand, with a mission of empowering women toward a healthy lifestyle, created a unique experience for each of its participants today. Aflac Iron Girl Columbia offered females a competitive platform and amenities such as: performance shirts sized just-for-women, ChampionChip timing, personalized race bibs, custom finisher medals and awards for the top five females in each division, a post-race catered brunch and a trip giveaway to the 2009 Aflac Iron Girl Lake Las Vegas triathlon.

For results from today's triathlon and for more information on Iron Girl, visit [www.tricolumbia.org](http://www.tricolumbia.org)  
For more information on Aflac, visit [www.aflac.com](http://www.aflac.com).

#### About Iron Girl

Launched in 2004 with just two events, the Iron Girl brand has grown to now include ten events nationwide, varying in distance from 5K to duathlon and triathlon. To date, nearly 20,000 women have crossed an Iron Girl finish line. Iron Girl's mission is to empower women toward a healthy lifestyle. The brand recently re-launched an enhanced version of its Web site filled with training tips, guest columnists and nutrition information. Iron Girl has also furthered its offerings with the addition of IronGirlshop.com with new items such as hydration and nutrition products, jewelry and sports bags. Iron Girl is supported by partners that include Aflac, Polar Heart Rate Monitors, Luna Bar, Celsius, Specialized Bicycles and PODS. The Iron Girl brand has been featured in a range of media outlets to include USA Today, The New York Times, Runner's World, Family Circle, Ok! Magazine and Women's Health.

#### About Aflac

For more than 50 years, Aflac products have given policyholders the opportunity to direct cash where it is needed most when a life-interrupting medical event causes financial challenges. Aflac is the number one provider of guaranteed-renewable insurance in the United States and the number one insurance company in terms of individual insurance policies in force in Japan. Our insurance products provide protection to more than 40 million people worldwide. Aflac has been included in Fortune magazine's listing of America's Most Admired Companies for seven years and in Fortune magazine's list of the 100 Best Companies to Work For in America for ten consecutive years. Aflac has also been recognized three times by both Fortune magazine's listing of the Top 50 Employers for Minorities and Working Mother magazine's listing of the 100 Best Companies for Working Mothers. Aflac Incorporated is a Fortune 500 company listed on the New York Stock Exchange under the symbol AFL. To find out more about Aflac, visit [aflac.com](http://aflac.com).