

For Release:

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Second Annual Women's Biathlon Set for April 30th in Upper Saddle River, NJ

Proceeds benefit breast cancer research

8-Week Training Begins March 7th

Upper Saddle River, New Jersey (March 4, 2011) -- Following the success of last year's inaugural biathlon, that attracted 200 athletes and raised over \$40,000 for cancer research, this year's USR Women's Biathlon will take place Saturday, April 30th. The race was founded by Upper Saddle River residents Fiona Miesner and Carol Mateo, both active participants in community and athletic events. It is sponsored by the USR Recreation Commission to promote awareness and raise money for The Breast Cancer Research Foundation.

"This event surpassed all of our dreams and goals. Not only did we raise a significant amount of money for breast cancer, every runner and biker was inspired and inspiring," said Fiona Miesner, event co-founder. "Women of all ages participated with vigor and enthusiasm and our volunteers were equally special. The spirit was contagious."

All women ages 15 years and older are invited to participate capping at 250. The race – 2-mile run/10-mile bike/2-mile run -- will start and finish at Lion's Memorial Park in USR. This sprint distance course hopes to encourage first-timers as well as seasoned professionals. Last year Bergen County resident Arlene Flink took the winning spot, clocking in at 57: 54.5.

Each athlete is asked to raise \$150 in sponsorship fees, all of which are donated to the Breast Cancer Research Foundation. The entry fee is \$50. A series of training clinics will be scheduled prior to race day and the web site features a training schedule beginning March 7th.. Trainers and outfitters will be on site to answer any questions and offer training advice.

For more information and to register, log on to usrbiathlon.org and click on the active.com link. For questions and to volunteer, email Carol Mateo at cmateo@verizon.net.

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