

## SUCCESS STORIES

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### Judy Caron (Sunrider Sport)

I returned to competing as an amateur athlete at the age of 57 in 2005. My goal was to race my bike up Mount Washington here in New Hampshire. There was a lot to prepare, both for my bike and myself. I was doing a lot of bicycle riding up steep mountain roads in New Hampshire, Vermont, and Massachusetts.

My introduction to Sunrider was the SunPack®, so I was familiar with the benefits of consuming the basics. For athletic purposes, I added SportCaps®, Top®, Joi®, Ese®, Conco™, and Fortune Delight®. Also found Calli® Night beneficial to aid in sleeping before a race. Since then, I have continued to race my bicycle up Mount Washington and several other mountains in New York, New Hampshire, Vermont, and Massachusetts through 2011. Along the way, I have set new age-group records for women 55–59 and 60–64. In 2009, 2010, and 2011, I won a series known as BUMPS (Bike Up the Mountain Point Series) in my age group, 60–69. I am still riding and plan to compete on my bike. Some of my training has been running, since I completed my first ever half-marathon in October of 2011 and am registered for another in May of 2012.

Along with training and racing, I currently teach five yoga classes at my studio in Concord, New Hampshire, and four indoor cycling (spinning) classes per week. This year, I will turn 65 and have frequently finished races ahead of women decades younger than myself.

This is my 20th year in Sunrider!

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