



For Immediate Release:

CHRISTA BENTON AND VICKI JETTON WIN THE FIFTH ANNUAL AFLAC IRON GIRL CLEARWATER 10K AND 5K

Women of All Ages and Fitness Levels Come Out for Another Successful Event

(April 5, 2008) Today, Christa Benton, 24, of St. Petersburg, FL and Vicki Jetton, 37, of Dunedin, FL, claimed the first place titles at the fifth annual Aflac Iron Girl 10K and 5K Run/Walk in Clearwater, FL. The event, located at Coachman Park, was filled with more than 1,300 women. The participants ranged in age from 6 to 80, with grandmothers, mothers, daughters and friends ready to become Iron Girls. Top five results for both distances are below:

10K Results:

1. Christa Benton, 24, St. Petersburg, FL - 36:48
2. Melanie Peters, 24, St. Petersburg, FL - 38:44
3. Christina Noordstar, 24, Tierra Verde, FL - 41:42
4. Kailand Cosgrove, 17, Tarpon Springs, FL - 43:15
5. Michelle Ralat, 30, Tampa, FL - 44:19

5K Results:

1. Vicki Jetton, 37, Dunedin, FL - 19:41
2. Lisa Buohler, 38, LeHigh Acres, FL - 21:02
3. Lindsey Cummings, 17, Saline, MI - 21:29
4. Melissa Minerath, 24, Palm Harbor, FL - 21:34
5. Jessica Jagielski, 16, New Port Richey, FL - 21:53

Mother/Daughter Team Results 10K and 5K:

10K

1. Hard Lollipops

Katie Hollingsworth (46:33) and Michelle Hollingsworth (50:16) Total time: 1:36:49

5K

1. Miller Girls

Maggie Miller (23:26) and Karin Miller (25:09) Total time: 48:35

The 2008 Aflac Iron Girl Event Series kicked off with new title sponsor, Aflac, providing additional amenities and support for the event. Participants were provided with first aid and skin cancer awareness kits with sunscreen and sponges at each of the refueling stations, in addition to wellness tips 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.



We are thrilled by the success of the 2008 Aflac Iron Girl Event Series kickoff in Clearwater, said Karen Riedel, Aflac second vice president, director of Product Marketing. Aflac is proud to be associated with such an inspiring event that empowers women to lead active and healthy lifestyles.

Also unique to the 2008 series is the Aflac Iron Girl Retreat to Hawaii, promotion. Women can enter online at <https://www.aflacirongirlsweepstakes.com> for the chance to win a trip to Kailua-Kona, on the Big Island of Hawaii. The package includes round-trip airfare, hotel accommodations, spa treatments, a luau dinner and two tickets to both the Ford Ironman World Championship event and its Welcome Dinner along with \$500 spending money.

This is a monumental year for Iron Girl, as we have a new title sponsor with Aflac and we are kicking off our fifth season in Clearwater, a venue that has been a part of our series since the launch in 2004, said Judy Molnar, vice president of Iron Girl. This year's event was full of inspirational women of all ages and we cannot wait to help more women achieve their goals in 2008.

Today's race consisted of participants from 21 states including Iron Girl's home state of Florida. Other states include: Delaware, Georgia, Illinois, Indiana, Michigan, Colorado, Washington, Connecticut, Ohio, Idaho, Maine, Missouri, New Hampshire, North Carolina, Pennsylvania and West Virginia. There were also athletes who traveled from Ontario, Canada, to participate. Several athletes stood out in the crowd with their inspirational stories, among them were:

Lillian Cockerill, 72, from Dunedin, FL - Lillian is a two-time breast cancer survivor.

Ana Vidal, 40, Tampa, FL In 2006, Ana was diagnosed with AML (Acute Myelogenous Leukemia) and was going through a divorce. After hitting rock bottom, she was able to pick herself up and get motivated for her and her two children.

Dawn Suni, 34, from Temple Terrace, FL - This was Dawn's third Iron Girl event with her 8-year-old daughter. This year she organized a team of 10 friends, who all became Iron Girls. She is proud to be a role model, especially since she recently lost 60 lbs.

Delana McFarlin, 32, from Canton, GA Delana has lost 120 pounds and is now leading a healthy, active lifestyle.

Michelle Bailey, 29, from Sarasota, FL - Michelle is a survivor of Melanoma. She uses events such as the Aflac Iron Girl 10K and 5K to remain fit and healthy after her fight with cancer.

Iron Girl's charitable partner, the Ulman Cancer Fund, was on-site this morning offering information on racing to benefit young adults living with and recovering from cancer.



For more information on Iron Girl or results from today's event, visit www.IronGirl.com
For Iron Girl media-related inquiries, contact Blair LaHaye at Blair@IronGirl.com or
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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 Iron Girl experience provides women with a competitive platform and amenities such as: a post-race catered Breakfast Café, performance shirts sized just for women, IPICO Sports Timing, personalized race bibs, custom finisher medals, post-race giveaways and much more. The brand is supported by a newly enhanced Web site filled with training tips, guest columnists and nutrition information. Iron Girl has also enhanced its offerings with the addition of IronGirlshop.com with new items such as hydration and nutrition products, jewelry and sports bags. 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.