



MY TRAINING DOESN'T STOP WHEN MY WORKOUT ENDS. AFTER A RUN, I REFUEL WITH LOWFAT CHOCOLATE MILK FOR HIGH QUALITY PROTEIN AND WHAT I NEED TO HELP ME STAY TONED. BECAUSE IT'S NOT OVER UNTIL I SAY IT IS.

— Miranda Carfrae, 2010 Ironman World Champion



*my* AFTER

## REFUEL WITH CHOCOLATE MILK

Intense competition requires serious recovery. Lowfat chocolate milk is simple, effective and scientifically shown to help refuel your body so you can perform at your best during your next race, run or workout.

- A natural source of high-quality protein to build lean muscle
- The right carb-to-protein ratio scientifically shown to refuel exhausted muscles
- Fluids and electrolytes to help replenish what's lost in sweat

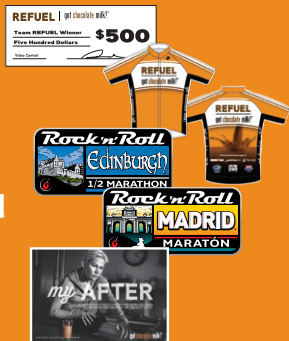
Read the science at [gotchocolatemilk.com](http://gotchocolatemilk.com)



# GET SPONSORED

If you're a passionate athlete who grabs lowfat chocolate milk as part of your After, submit a video and get your friends and fans to vote for you to secure a spot on Team REFUEL and win:

- **\$500 sponsorship**
- **Top notch Team REFUEL training gear**
- **Chance to compete for Team REFUEL at the 2013 Rock 'n' Roll Edinburgh Half Marathon and the Rock 'n' Roll Madrid Marathon and 1/2 Marathon**
- **Plus chance to star in a national "got chocolate milk?" ad**



To submit a video online and for full contest rules and details, visit [GotChocolateMilk.com](http://GotChocolateMilk.com)

\$1 will go to the Challenged Athletes Foundation for each vote

# REFUEL | got chocolate milk?<sup>TM</sup>

OFFICIAL  
REFUEL  
BEVERAGE OF



IRONMAN

LIFETIME  
RUN



Read the science, submit a video and check out elite athlete training videos at

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