



On October 4 in the City park, Integrity AO ran a duathlon for youth from ages 11-18. Hundreds of participants enjoyed the beautiful day and live music as they cheered the participants racing through the park on bikes and then on foot. Ambassador Reeker addressed the crowd before the race and fired the starter's pistol to get things underway. This was the first collaboration between the US Embassy and Integrity AO but the latest of several youth-focused activities supported by the Embassy.



Ambassador Reeker starts the race

Ambassador Reeker

Dear Spectators and Participants,

- It is great to be here today as a part of this event put together by Integrity Alfa Omega.
- I want to congratulate them for promoting participation in sports as a way to build character and to learn important life lessons.

- Sports teach us to work together, to overcome obstacles and to push through difficult circumstances.
- Doing these things not only leads to success on the playing field but also in life.
- Many studies have shown that participation in sports is strongly linked to success in the working world.
- By starting the habit of being active early in your lives, you are doing yourself a great favor. You will reap health benefits through the years and also make friendships that will enrich your life.
- I know that personally I hope to find time and partners here in Macedonia to play tennis and squash; to swim and to bicycle.
- In closing, I wish you good health, and good luck in today's race. But simply by participating, and challenging yourself today and in future competitions, you give yourself a better chance of success in the game of life.

