

Lewiston native ousted from 'Biggest Loser'

Courtney Rainville competes in a recent challenge of "The Biggest Loser." Rainville, a Lewiston native, was eliminated from the show.

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Courtney Rainville left the set of NBC's "The Biggest Loser" Tuesday night with less than she started out with, making her stint on the show a success.

Rainville, 25, was eliminated from the cast during week five of the reality TV program, after spending one month at the Biggest Loser Resort. During her televised stay under trainer Dolvett Quince, Rainville lost 39 pounds. Her starting weight was 270.

In her final episode, Rainville won a challenge in which the teams raced through an obstacle course carrying glasses of soda. The winner received an all-expense-paid, two-week trip to the Biggest Loser Resort for a person of their choice. Rainville chose to give the trip to her sister.

At the end of the episode, Rainville's Red Team lost that week's weigh-in, having accrued the lowest percentage of weight loss. Her teammates then voted her off the show.

When contestants are eliminated, the show concludes with an update on their progress in the months since filming. A changed Rainville was shown at her home in Gilbert, Ariz. She weighed 205, having lost 65 pounds since starting on the program.

Rainville, who was 24 when filming began, grew up in Lewiston, where she was student body vice president and homecoming queen before graduating from Lewiston High School in 2005. Her father, Tom Rainville, is a teacher at Tammany Alternative High School and a former football and basketball coach at Lewiston High School. Her mother, Kris, is a longtime nurse at St. Joseph Regional Medical Center.

After years of trying to shed weight on her own with no success, Rainville decided during her senior year at the University of Idaho to apply to be on "The Biggest Loser." She tried out multiple times before being accepted this year.

"I didn't want to have to do it on my own. I wanted the help of the experts," Rainville said in September. "I also wanted to inspire others. What better way than to go on TV and hopefully reach out to other people?"

Rainville said the show changed her understanding of nutrition and exercise and she continues to work toward getting in the best shape of her life.

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