

USAG-STUTTGART

For All of Your Life!



Stuttgart Fitness Newsletter

“Run to Remember” Runners Pay Special Tribute

On July 19, over 230 Stuttgart runners celebrated the lives of those who have made the ultimate sacrifice by completing a very tough running course over the Panzer Local Training Area. The special race t-shirt noted the names of some 46 fallen heroes, several of whom were stationed in Stuttgart and on deployment when killed in action.

The Half Marathon race was started at 0900 by Sonja Mitchell, the widow of Sean Mitchell, a 1-10th soldier killed last year in Iraq. Over 80 runners took part in this grueling run, which had over 1000 feet of climbing in the 13.1 mile course. Aid stations were manned by 1-10th SFG(A) personnel, Community Bank, Girl Scouts, and other volunteers. The male winner was Navy SEAL Travis Ogden, who was running in memory of 2 SEAL teammates killed in action. His winning time was 1:27:37. The female winner was Michelle Heagney, in a time of 1:43:01.

The 5K course, which also included some very steep hills, had over 135 runners. The male winner was Dan Avondoglio in 19:43, and the female winner was Natasha Hinds with a time of 25:51.

All results and photos can be downloaded at www.MWRFirstChoice.com. Parallel races were also held in Iraq and Afghanistan by deployed 1-10th soldiers (results not in yet). A large number of runners also made generous donations to the Special Operations Warrior Foundation by attending the pre-race pasta dinner. All in all, a very special run for everyone involved.

The next running race held by MWR Sports will be the Great Pumpkin Run on 25 October.



Half Marathon Winners Travis Ogden and Michelle Heagney show off their trophies with 1-10th CDR, LT COL George Thiebes.

New Fitness Classes Will Kickstart Your Fitness Program!

To accommodate the growing population at Kelley Barracks, there will be a number of new classes starting up in August. Experienced fitness professional Donna Nidds will start the pre-work fitness enthusiasts up every morning at 6:00 am with spinning classes on M/W/F, and Body Pump classes on Tuesdays and Thursdays. For those who want to wind down at the end of the day with a Pilates class (great to improve range of motion, strength, and flexibility), she will offer Pilates classes at 4:30 pm on Mondays and Wednesdays.

For mid-morning workouts, new instructor Lisa Griffiths will be teaching a new Body Sculpting class at Kelley on Thursdays at 10:00 am. Lisa will also be starting an exciting type of cardio dance class modeled after the wild and fun Bollywood movies! This class will be at Patch, on Thursdays at 10:00 am. Come out and try it!

For those at Patch who want to get ready for the weekend with a couple of post-work fitness classes, look no further – new instructor Silvija will get you going with a yoga/pilates class on Fridays at 4:30 pm and/or a great Tae Bo class following at 5:30 pm. Silvija’s classes will start in September. For exact starting dates, check out the fitness class calendars at www.MWRFirstChoice.com or call the appropriate Fitness Center.

Attend Fit for Life Aerobithon on 3 Sept for Double Mileage Pts and Exercise With a Pro!



On 3 Sept at the Patch Fitness Center at 5:00 pm, the Fit for Life program will be hosting a free Aerobithon featuring fitness professional Gina Ostarly (pictured at right). Gina will be giving a free kickboxing class in the Patch gym at 6:00 pm, but you will also get the chance to attend other fitness classes given by our local fitness professionals, including indoor cycling, body sculpting, a weight training seminar, and running clinic! Additionally, these classes will count for double Fit for Life miles.

Assuming you have picked up a Fit for Life tracking card at your Stuttgart Fitness Center or downloaded an electronic tracking spreadsheet from the Fit For Life webpage (click [here](#)), you should be racking up those mileage points towards free incentive prizes, including ball caps, t-shirts, sweatshirts, fleece vests, stadium blankets, and even duffle bags.



webpage (click [here](#)), you should be racking up those mileage points towards free incentive prizes, including ball caps, t-shirts, sweatshirts, fleece vests, stadium blankets, and even duffel bags.



Sport and Fitness Event Calendar

16-17 Aug: Kelley Tennis Tournament
16 Aug: Team Superstars Competition (Patch)
30 August: Kelley Bodybuilding and Figure Competition
30-31 August: Ramstein USFE Road Racing Series
TBD: Stuttgart Ultimate Frisbee Tournament
3 Sept: Fit for Life Aerobithon with Gena Ostarly
14 Sept: Mountain Bike Race Oberammergau
27-28 Sept: USFE Mountain Bike championship Garmisch
25 October: Great Pumpkin 10K/5K Run
German running races can be found at: <http://www.lauftreff.de/>

For questions, comments, or to remove yourself from the email list, email: William.M.Smith4@us.army.mil



On 21 July, COL Pastore, USAG Stuttgart CDR, formally opened the new Patch Fitness Center Indoor Cycling room. Pictured from L-R are: instructors Heather Crawford, Dena Taylor, and Darlean Basuedayva along with COL Pastore.