

**USAG-
STUTTGART**

For All of Your Life!



Stuttgart Fitness Newsletter



Pump and Run Results!

Eleven intrepid athletes competed in the first Pump and Run, a grueling event combining 4 strength events and a 3 mile run. Overall winner was recently retired Army MSG Bill Boley. Female winner was Sarah Avant, followed by her daughter, Michelle. Male under 40 Winner was Christian Eckley. Scores were determined by the total number of strength repetitions (bench press, squats, ab crunch with medicine ball, and pull-ups) divided by the athlete's run time. Boley's winning score of 7.95 was a combination of 155 reps and a 19:30 3 mile run! All participants agreed that the strength events made the run

extremely tough, but everyone enjoyed the challenge.

Fitness Instructor Spotlight: Tine Harrel

Christine Harrel (or Tine) has been teaching group fitness classes here at Patch since Feb 2006. Along with her popular kickboxing class, Tine has recently started a step/step interval class on Monday mornings. She's been a fitness instructor since 2003 and is also certified in a number of disciplines.

Tine grew up here in Stuttgart and married her American husband (active duty Navy) 14 years ago. They have traveled around the world with their now 11-yr old daughter but hope to settle down in Sindelfingen once her husband retires. Her hobbies include running (she's completed 2 half-marathons), gardening, traveling, and cooking. Tine's favorite foods include pasta, fish, and lots of fruit, with ice cream being a nice reward for a hard workout. She gets going in the morning before her fitness classes with a yogurt drink and then has some healthy German whole grain bread with jelly after her class.

Tine really enjoys helping people get fit and healthier. A great example is Simone Rivers, who started a very successful weight loss program with the help of Tine's kickboxing classes (and has lost over 120 lbs!). Her best advice for someone trying to get more fit? "Stick with it, don't get discouraged because the weight doesn't drop off immediately. Don't give up, and change your exercise routine frequently." If you are looking for a great cardio workout, try one of Tine's classes – you won't be disappointed!

Get Ready for Summer Daze Week!

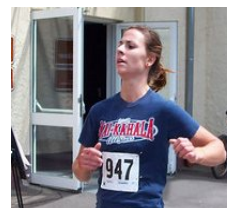
MWR Sports and Fitness will be highlighted the week of 11–18 August in conjunction with the Summer Daze Campaign. During this week, any fitness class multi-class or monthly coupons purchased will also be accompanied by a free smoothie (if purchased at Panzer or Kelley, please bring proof of purchase to Patch for your smoothie). We will also have Aerobithons at the following fitness centers: Patch, on 11 August from 1000-1200, Panzer, on 15 Aug from 0900-1100, and at Kelley on 16 Aug from 1730-1830. During the aerobithon, the fitness classes will be free and participants will receive participation awards, refreshments, and entry to a grand drawing. Drawing prizes will include an Enjoy Tours vacation and other fitness prizes. Additionally, if all fitness class or item purchases will be rewarded with a drawing entry.

Get Ready for Kickball Tournament on 18 August at Patch !!! Get your team together (8 coed members) for a fun kickball tournament starting on 1000 on Saturday, 18 August (Kickball is your elementary school pastime sport, similar to softball except you kick a dodgeball rolled on the ground). Please signup at the Patch Fitness Center or call 430-7136. Trophies will be awarded!



4th of July Fest Firecracker Fun Run

The first Firecracker 5K Fun Run was held on 7 July as 43 runners enjoyed a scenic and aerobic tour of Patch Bar-racks. All participants received MWR Fit for Life waterbottles and post-run refreshments. The first runner



Sports and Fitness Event Calendar

be awarded:

Sports and Fitness Event Calendar

31 July: 1730 Marathon Running Clinic #2 Patch
11 Aug: 0900 Marathon Running Clinic #2 Patch
11 Aug: Patch Fitness Center Aerobithon 1000-1200
15 Aug: Panzer Fitness Center Aerobithon 0900-1000
16 Aug: Kelley Fitness Center Aerobithon 1730-1830
18 Aug: Kickball Tournament, Patch 1000
11 Aug: Mountain Bike race Darmstadt
25 Aug: Mountain Bike race Dexheim
8 Sept: Mountain Bike Championships, Garmisch
For more information on these and other events,
go to: WWW.MWRFirstChoice.com

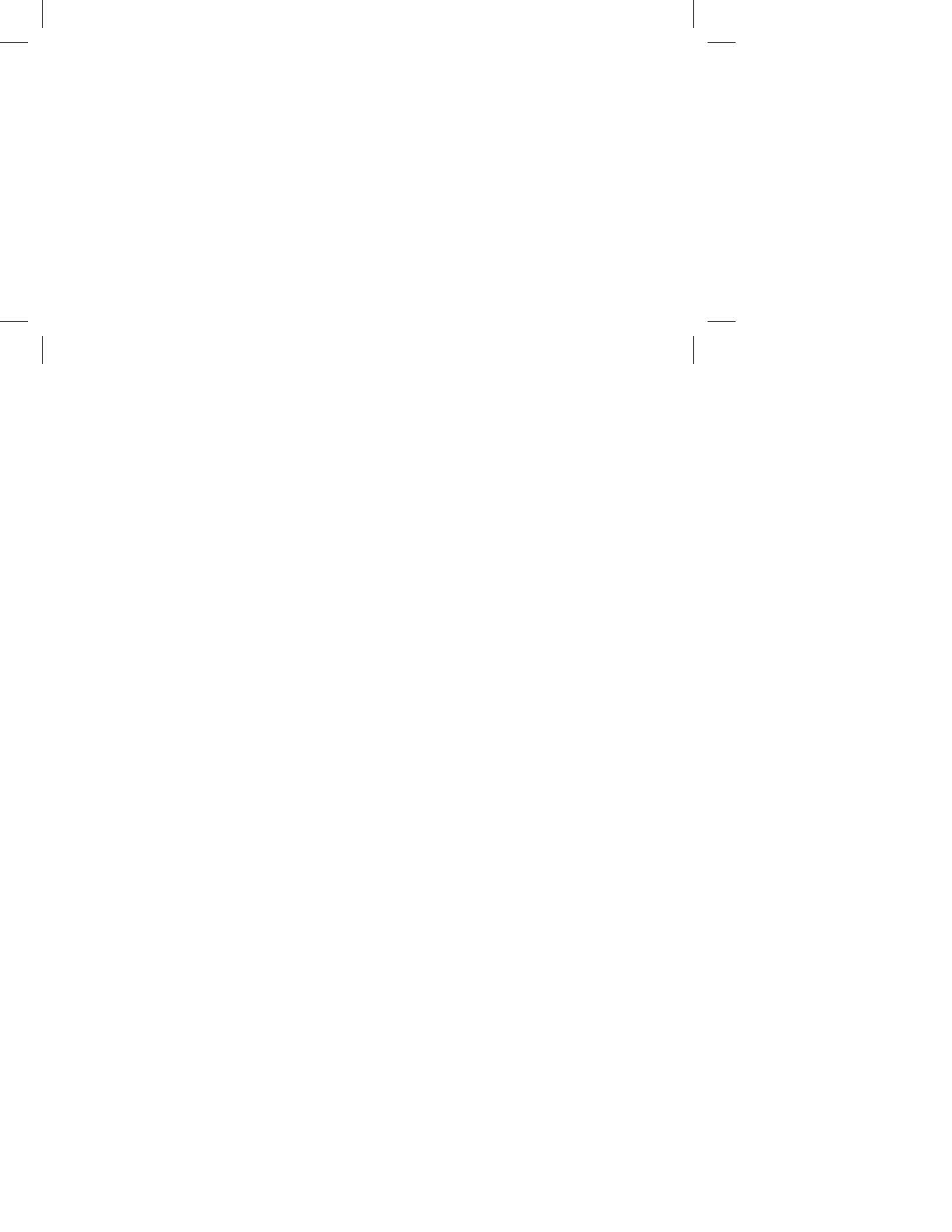
For questions, comments, or to remove yourself from the email list, email: William.M.Smith4@us.army.mil or call 0711- 680-5386, DSN 430-5386.

racks. All participants received MWR Fit for Life waterbottles and post-run refreshments. The first runner across the finish line was David Barlow, with a pace of 4:02 min/km, and the first female runner was Elizabeth Schall (pictured at right), who finished just 9 seconds behind the male winner with a pace of 4:04 min/km.

Thanks to all of the volunteers who helped make the first Firecracker 5K a success! The next race will be the Great Pumpkin 10K Run, tentatively scheduled for 27 October.







The always in demand School of Marathon is once again gearing up in preparation for the world class marathons in Berlin, Frankfurt, and Dublin. Coach Marty Smith will be opening up the enrollment by providing free clinics for anyone interested in learning about running technique, nutrition, and other topics. This clinic will be valuable not only to marathon hopefuls, but to runners setting their sights on the October Great Pumpkin 10K Race. The first clinic is 10 July at 1730 and 14 July (Saturday) at 0900 at the Patch Gym. There are only 16 weeks of training left for Dublin!

