

USAG-STUTTGART

For All of Your Life!



Stuttgart Fitness Newsletter

Cobblestone Classic Race Breaks Record!

333 Stuttgart runners enjoyed a hot and humid 5 mile race on 9 July and shattered the previous race attendance record of 250, set at the inaugural race in 2004. David Warner of EUCCOM outlasted Anthony Baker and Joe Gallagher with a fast pace of 5:37 min/mile over the hilly course. Julie House won the woman's division in a time of 35:57, with Christine Graham and Chateau Venable finishing second and third, respectively. In the new and popular Unit Team competition, SOCEUR dominated, placing 1st with an average time of 33:17 for the five fastest runners. CSC took 2nd, with the MARFOREUR Marines taking 3rd. Other age group winners were: 10-19 Kristin Bender and Zach Rideout, 20-29 Cirina Flores and Karl Hjembo, 30-39 Oksan Hutcheson and Doug Hutcheson, 40-49 Gail Gilderoy and Ron Wallace, and 50+ Erika Sauer and Mike Stafford. For complete results, click [here](#).



David Warner, a British Exchange Officer, breaks the tape to win the Men's Cobblestone Race with a blazing time of 28:05!

After the race, runners and their families enjoyed lunch during the awards ceremony at the Patch Community Club. Free vacation packages were given as door prizes compliments of the race Sponsor, Enjoy Tours. Thanks to all of the volunteers who made the 4th annual Cobblestone Classic a truly fun and successful event to kick off the summer!

Patch Fitness Center says goodbye to Jane Enger



Jane Enger, who has inspired hundreds of her students to improve their fitness levels with her grueling but fun exercise classes, said goodbye to the Stuttgart area on 15 June. Jane, who will be moving to Colorado Springs, will be sorely missed! Her last class was, as usual, filled to capacity, and her students wished her well and shared a farewell chocolate cake. Jane said that she was very sad to be leaving her students but was looking forward to working at a Colorado Wellness Center.

Jane was also awarded a USAG Stuttgart Sports and Fitness commemorative medal by Sports Director Oliver Stith for her years of dedicated and inspired instruction.

Get Ready for the First Annual Pump and Run

Today's modern warrior needs a combination of strength, agility, balance, and endurance to survive and excel on the battlefield, and the Pump and Run competition on 28 July will test those very qualities. This contest, inspired by an ex-Delta Force member, will consist of 5 separate events: squats, bench press, sit-up with medicine ball toss, pull-ups, and 3 mile run. The weights involved will depend on the contestant's body weight and gender. The events will be sequential, starting every 5 minutes and the final score will be the total strength repetitions divided by the run time. The contest will start at 0900 and will have awards and give-aways. There will be three divisions: Male, Male 40+, and Female. The contest is free and open to all ID cardholders. For more information and rule guidelines, go to www.MWRFirstChoice.com and go to the [Pump and Run](#) under Sports and Fitness Events. Get PUMPED!



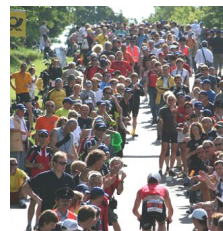
New Fitness Classes at Patch, Panzer, and Kelley Gyms

There are several new and exciting classes starting in July, including, for the first time, indoor cycling classes "upstairs" at the Kelley Fitness Center. At Panzer, Kelly Fortmann will be starting her combination Pilates and Yoga classes, as well as taking over the spinning classes from Michelle Meyers. Dena Taylor is starting 8:30 am cycle classes at Patch on M/W/F. And check out Russian Martial Arts class 1700 T/H at Panzer — learn the combat skills of the KGB!



4th of July Fest Firecracker Fun Run 7 July at Patch Gym!

Upcoming Sports and Fitness Events:
 6-9 July: Softball Explosion Tournament Patch
 7 July: Firecracker 5K Family Fun Run, 1200 Patch Fitness Center
 15 July: Mountain Bike



Fall Semester School of Marathon

W/F. And check out Russian Martial Arts class 1700 T/H at Panzer – learn the combat skills of the KGB!

Fall Semester School of Marathon

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!

7 July: Firecracker 5K Family Fun Run, 1200 Patch Fitness Center
15 July: Mountain Bike race Ramstein AFB
21-22 July: US Forces road bike races Vilseck
28 July: Pump and Run Patch Fitness Center
28 July: Mountain Bike race Ansbach
29 July: Heidelbergman Triathlon For more, go to: WWW.MWRFirstChoice.com under Events



LTC Norman Matzke of EUCOM completed his first Ironman triathlon on 24 June at the Quelle Roth race. He did the grueling 140.6 miles of swim, bike, and run in a time of 13:25. Navy SEAL Scott Kelly also completed Ironman Switzerland (his 2nd) with a time of 10:46. Well Done to both !!!

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.



