

USAG-STUTTGART

For All of Your Life!



Stuttgart Fitness Newsletter

Stuttgart Athletes Conquer the Cobblestones Once Again!

The Fifth Annual Cobblestone Classic concluded on 17 May, with over 230 exhausted but happy runners listening to the sounds of "MaxFracas" in front of the Panzer Mall.

The race was won by favorite David Warner, a British Army Officer who posted a blistering time of 30:12 (despite having won his age group in the Zurich marathon just a week earlier with a time of 2:38). The female winner was Heidi McKenna, a member of the All-Marine triathlon team, with a time of 39:40. The team championship was won by ECJ4, with an average time of for their 5 fastest runners.

After the race, COL Patore handed out age group and overall medals to the top finishers, as well as door prizes with a total value of well over \$600. 52nd Signal Battalion contributed the most volunteers to the race and also served up food and drink at the awards ceremony. Our thanks to all of the race volunteers and sponsors Enjoy Tours, J&R Sports, and Canon.

Final results and more photos can be seen at the Cobblestone Classic [website](http://www.MWRFirstChoice.com) at www.MWRFirstChoice.com.



Fitness Class Updates

Exercise Physiologist and fitness expert Dena Taylor will be expanding the Hard Core class to Tuesday afternoons at 5:30 pm at Patch Fitness Center. If you want to improve your core strength, this class is it!

Gloria Inlow will be taking over Linda's classes at the Panzer Fitness Center as Linda Hendricks says goodbye to Stuttgart in June. We'll miss her energy, expertise, and fun classes – bon voyage, Linda!

The new indoor cycling classroom has unofficially opened to rave reviews. The 25 spinning bikes are now spread out in the newly refurbished room which used to belong to Arts and Crafts. A new sound system, lighting, and windows complement our expert indoor cycling instructors as they lead their students to improved cardio fitness! In addition, this new room has freed up another racquetball court for our indoor racquet enthusiasts.

Later this summer, Kelley should be getting additional exercise classes; we will add at least one if not two Latin exercise dance classes at Patch, and there should be free yoga classes starting at Panzer.



Instructor Theresa Michal leads her Sunrise class in the new Patch Spinning Room

Bike Race Series Comes to USAG Stuttgart – get ready to ride!

Registration is now open for the Mountain Bike Race and Road Bike races on 14 and 15 June, respectively. These races are part of the U.S. Forces Europe bike race series and will be a great way to test your bicycling fitness against other racers from around Europe. U.S. ID cardholders only. For more information, go to www.MWRFirstChoice.com

Cost is \$10 per race or \$15 if you sign up for both races. Racers get a customized Specialized "Big Mouth" water bottle and refreshments. Come out and enjoy the fresh air!



The Stuttgart Stallions running team, sponsored by the Stuttgart Chapter of AUSA,

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Sport and Fitness Event Calendar

- 14 June: Panzer Mountain Bike Race
- 14 June: Table Tennis tournament, Panzer Fitness
- 15 June: Patch Criterium Road Bike Race
- 4 July: Fourth of July Firecracker 5K Fun Run
- 5 July: Softball Explosion Tournament Patch
- 19 July: Stuttgart Half-Marathon and 5K Run

For more information on these and other events, including the US Forces Europe bike race series (road and MTB) go to: WWW.MWRFirstChoice.com. German 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 or call CIV 0711-680-5386, DSN 430-5386.

The Stuttgart Stallions running team, sponsored by the Stuttgart Chapter of AUSA, won the IMCOM-Europe Team Army 10-miler Team Championship last weekend at Grafenwohr. In addition to the team trophy, members won a total of 15 individual medals, including 6 top age-group medals. Well done to Coach Mike Buckley and his Stallions!

Did you know that if you join the U.S. Army Triathlon Club, you are entitled to purchase De Soto products and T1 Wetsuits for 25% off? All Army, reserve, DAC, and retired Army are eligible to join. You also receive discounts on the team uniforms, Newton shoes, and other equipment.



