

USAG-  
STUTTGART

For All of Your Life!



## Stuttgart Fitness Newsletter



### 215 Runners Take On the Hilly Great Pumpkin Run

On October 27, in crisp Autumn weather, 215 runners accepted the challenge of the Fourth Annual Great Pumpkin Run and completed either the 5K course or an even more challenging 10K (6.2 miles) run. The starting gun was fired at 1000 by COL Pastore, Commander, USAG Stuttgart, and the first runner crossed the finish line some 19 minutes later.

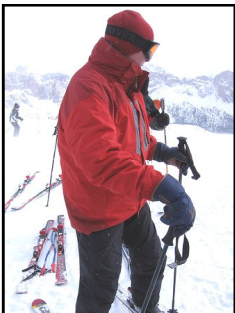
Helped by a group of energetic and motivated volunteers, the core race staff of Oliver Stith, Ricky Payton, Marty Smith, and Dena Taylor put together a well organized race that, for the first time, included both a 5K and a 10K division. Marty Smith explained that having a 5K division allowed the race minimum age to be lowered to 5 years from the previous limit of 10. The race awards consisted of customized German beer steins and were made possible through the generosity of the Garrison's ASAP office. The race sponsor, Enjoy Tours, also donated two free vacations as raffle prizes.

The weather was ideal for running and after the race, runners enjoyed delicious pizza and pasta from Le Rose Restaurant. Running through the brilliant red and orange fall foliage, the top 10K finisher was Chris Bennett, in a time of 37:43. The first female was Mary Hogan, in a time of 44:51. The 5K male winner was Andre Cilliers, 19:17, first female 5K was Stephanie Baker, 23:47. Of note, the 2nd place 5K finisher was young Chris Martin, in a time of 22:47 — and he's only 10 years old! In the team competition, SOCEUR won again, edging out MAR-FOREUR AND EPOC. Complete race results and photos can be found at [www.MWRFirstChoice.com](http://www.MWRFirstChoice.com).

### Women on Weights Clinic Scheduled for 28-29 November!

Dena Taylor, a clinical exercise physiologist, will be teaching another Women on Weights (WOW) Clinic on 28 and 29 November. This clinic will run from 5:00–7:00 pm at the Patch Fitness Center and is free (max class size is 20 people). Attendance for both nights is mandatory and sign-ups are being taken at the Patch Fitness Center front desk.

Classes will cover proper strength training form, technique, programming, as well as core strengthening and flexibility. Handouts will also be provided. Students should come prepared to workout in proper clothing including sturdy athletic shoes. This is a great way for women to increase their knowledge and confidence in developing an effective, fun, and safe strength and resistance training program.



### Get in Shape for Winter Sports Now

Don't forget to get your body prepared for the rigors of skiing and snowboarding this winter by hitting the fitness center at least 2 times per week! In addition to getting in your cardio workouts so you don't get out of breath, it's important that you decrease the chance of serious injuries with specific strength training. Your core (hips, abs, lower back, and shoulders) is very important — and will help your skiing/snowboarding form as well. Joint flexibility and range of motion will also help prevent falls and injuries. Yoga and Core Performance classes are excellent ways to make the most of your winter activities — now is the time to start getting those muscles and joints ready for the challenges of those Alps Peaks!

### Theresa Michal takes 2nd Place Military Female at Ironman World Championship

LCDR Theresa Michal, stationed at DISA Europe, completed the 2007 Ironman World Championship triathlon in a time of 12:32, placing as the second female in the Military Division. The Military Team competition was won by the Air Force, which fielded a strong team of 3 men and 1 woman. The top military male was Brian Monaghan, USCG, in 9:32, and the top female was Air Force CPT Lisa Newman-Wise in 11:35.

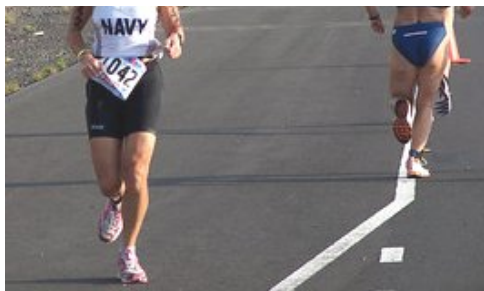


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## Sport and Fitness Event Calendar

4 Nov: Fit-in-Lautern run/walk/nordic walk (Ramstein)  
17 Nov: Dexheim Duathlon (20K mtb, 10K run)  
17 Nov: Ramstein AFB Turkey Trot 10K run/walk  
21 Nov: SSOA Turkey Trot Run (5K) Husky Field  
28-29 Nov: Woman on Weights Clinic

For more information on these and other events, go to: [WWW.MWRFirstChoice.com](http://WWW.MWRFirstChoice.com)



LCDR Theresa Michal climbs up to the Energy Lab turnoff on the "Queen K" Highway, halfway through the 26.2 mile run on the last leg of the Ironman World Championship

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



