

USAG-  
STUTTGART

For All of Your Life!

## Stuttgart Fitness Newsletter

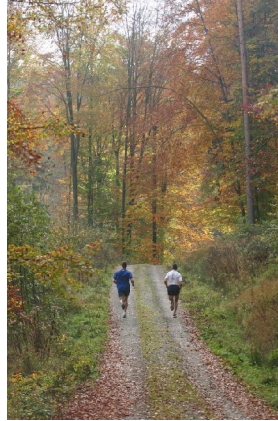


## Free Running Clinic for Great Pumpkin Run

A running clinic will be held on Wed, 8 October at the Patch Fitness Center to help get ready for the Great Pumpkin Run. The clinic will include tips on running technique, race pacing, and race nutrition and hydration. Runners will also run either the 10K route or the 5K route. Meet at the Patch Fitness Center at either 11:00 am or 5:00 pm.

Registration is now open and the first 100 entrants receive a free gym duffel bag from ASAP. The race will have two divisions: a 10K race for long distance runners and a 5K run for "sprinters"! The 5K race will be sponsored by ACS and is dedicated to raising awareness against domestic violence. Team competition will be in the 10K run – team captains call 430-5386 to sign up your running team (minimum of five runners).

Past results, more info, and race map can be viewed at [www.MWRFirstchoice.com](http://www.MWRFirstchoice.com). See you on 25 October!



Runners enjoying the scenery of the Great Pumpkin Run!

## Kettle Bell Clinic Returns to Stuttgart

On 1 November, MWR Sports and Fitness will host the second Kettle Bell clinic. This clinic is free and will be taught by Oscar Otuyelu, a certified kettlebell lifting coach. Coach Otuyelu will show athletes how to safely and efficiently work out with this cast iron cannonball with a handle and improve [strength](#), [endurance](#), [agility](#) and [balance](#). The clinic will run from 9:00 am to 12:00 pm at Patch. Come dressed in workout gear and bring a kettlebell if you have one. No signup is necessary.

The kettlebell is nothing new. It's been around for hundreds of years. But only in the past few years has there been interest in the United States. "It's cheap and it's effective," Otuyelu said. "You have only 24 hours in a day; you can't do everything - yoga, Pilates, running, weights - you have to be selective." For more information, call Marty Smith at 430-5386.



Otuyelu shows a student proper form with a kettle bell

## Get Ready for the First Annual Stuttgart Indoor Triathlon!

As winter fast approaches, you are probably looking for a motivational goal to keep in the shape you worked so hard to get over the past several months... look no further! On Saturday, 6 December, you can take part in the new sport of "indoor triathlon!" This event will have you row 4000m on our new Concept II rowing machine, then jump on a Precor Bike and pedal 15 km, and then finish by running 5 km on a treadmill. Entry will be free and open to all US ID cardholders 16 and older. More information will be coming out soon, so start getting in triathlon shape now!

## Stuttgart Athletes in the News



Angi Buckley dancing thru the Swiss Alps

Tim Klopfer was selected for the USAFE Marathon Team and traveled to Dayton Ohio to run in the 2008 Air Force Marathon on 20 Sept. Tim had a great marathon and finished in 3:19, good enough to qualify for the Boston Marathon. Also qualifying for Boston was General Ken Keen, who ran a local German marathon in 3:42. Congratulations to both of these outstanding marathoners!

Stuttgart cyclist Theresa Michal was awarded the Armed Forces Europe Road Bike Racing overall series championship with her wins at the Stuttgart criterium and the Spangdahlem time trial and road race. And she also won her age group at the USFE Mountain Bike Championship and the Race Series age group!

One of our Personal Trainers, Angi Buckley, (pictured left) completed the grueling Davos mountain ultramarathon on 20 July, completing 78.5 km (49 miles) in 9:35! If you are looking for a personal trainer well versed in endurance, strength, and long distance running, Angi can help you start on the right road.

**Angi Buckley dancing  
thru the Swiss Alps**

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## Sport and Fitness Event Calendar

8 October: Great Pumpkin Running Clinic  
24-26 Oct: Kill Shot2 Racquetball Tournament, Patch  
25 October: Great Pumpkin 10K/5K Run  
1 November: Kettlebell Clinic Patch Fitness Center  
6 December: Indoor Triathlon Patch Fitness Center  
German running races can be found at: <http://www.lauftreff.de/>. Check out [www.MWRFirstChoice.com](http://www.MWRFirstChoice.com) for more information on sports and races in Europe.

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

## New Fitness Coupon Books!

On 1 October, most of the Stuttgart fitness classes will be priced at \$4 in order to allow the use of a universal coupon book. The only classes which will not be \$4 will be the evening dance and martial arts classes, and the Saturday Spin and Stretch class.

You can still pay for a single class with cash or check, but all \$4 classes can also be paid for with a fitness class coupon. These coupons will be sold in books of 10 for \$36 at any fitness center. Coupons are not refundable but may be transferred to another person.



