

USAG-  
STUTTGART

For All of Your Life!



## Stuttgart Fitness Newsletter



### Brian Logan takes Bodybuilding Heavyweight Division US Europe

EUCOM Navy Lieutenant Bryan Logan recently competed in the U.S. Forces Europe INBF Bodybuilding Championships and won the heavyweight division. The many weeks of dedication and hard work paid off and he now has the "bragging rights" as the USFE Heavyweight champ.

LT Logan took up weight training seriously in 2001 and competed in his first show in September of 2002. He was seriously injured in March of 2005, shattering the radial head of the left arm, stopping his weight training for over 18 months. Transferring to Germany a year ago, he got a clean bill of health from his doctor and started lifting again.

After finding out about the Europe Bodybuilding championships, the LT got motivated, focused and hit it hard. He says "I started from scratch and re-built my core and connect-

tors....started pushing more weight....more reps....heavier and heavier. My physique re-took shape and I was energized. 10 months later, I walked onto the stage, 15 September 2007 to compete." LT Logan is a great inspiration and is a great example of overall fitness and health. Bravo Zulu!

### World's Best Cyclists and Coaches Visit Patch



Bjarne Riis, Owner of Team CSC, answers questions and discusses his philosophy on being the Number One Professional Cycling Team in the

On 26 Sept, Bjarne Riis, one of the best known names in professional cycling, brought some of his coaches and riders to Patch Barracks for a 2 hour appearance. Two of the top cyclists in the world, Jens Voigt and Bobby Julich, signed autographs and answered questions from the crowd of over 100 excited fans and admirers.

Bobby Julich revealed that he does a lot of core exercises using a physioball, and doesn't do any drastic nutritional practices. Bjarne Riis stated that he and the team are always striving to get better, and that Team CSC's anti-doping program is now being copied by the other top teams. B.S.

Christiansen, the team "motivator," discussed how he puts the team through an annual

boot camp to enhance teamwork and mental toughness. B.S. also said that he

constantly stresses the power of positive thinking, never give up, get rid of excess emotional baggage, and don't worry about the things one can't control. Everyone received a free Team CSC podium ball cap. Thanks, CSC!



Jens Voigt and Bobby Julich, two of the world's best cyclists, briefed Stuttgart area cyclists and answered questions about being professional riders.

### New Fitness Classes at Robinson Barracks and Ironworks expanded

In late September, a new yoga and pilates class started at Robinson Barracks on Tuesday afternoons. This class has been expanded to Thursdays due to overwhelming popularity. Additionally, the 0940 Wed class at Patch has been changed to a "Tone and Sculpt" class because of customer request. The popular Belly-dancing class is now on Wednesday evenings and includes American Tribal style classes. And Kathy Dowling has added an Ironworks class on Thursday late afternoons for those wanting a challenging strength class!

### Dena Taylor wins Army-wide Award!

Ms. Dena Taylor, one of the personal trainers and fitness instructors here in Stuttgart, was recently announced as a "Friends of Recreation" Award winner by the Dept of the Army. This award recognizes individuals who have contributed their time and expertise to help boost the Army Family and morale. Dena has selflessly helped the Stuttgart community for several years with her free programs such as Woman on Weights, free Unit

### Registration is now open for the 4th Annual Great Pumpkin Run

Registration is now open for the GPR on 27 October, and this year there will be both the traditional 10K route and a new 5K route. The race route can be downloaded from : [www.MWRFirstChoice.com](http://www.MWRFirstChoice.com). Minimum age is 10 for the 10K and 5 for the 5K.

Race t-shirts and a post-race lunch are included in the registration fee, as well as age-group and overall trophies. There will also be unit team com-

time and expertise to help boost the Army Family and morale. Dena has selflessly helped the Stuttgart community for several years with her free programs such as Woman on Weights, free Unit PT classes, and health workshops. A well-served award and we at MWR are very proud of her. Next time you see her in the gym, thank her!

## Sport and Fitness Event Calendar

20 October: Stuttgart Wrestling Tournament

27 October: Great Pumpkin Run

14-15 Nov: Woman on Weights Clinic

17 Nov: Dexheim Duathlon (20K mtb, 10K run)

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

Minimum age is 10 for the 10K and 5 for the 5K.

Race t-shirts and a post-race lunch are included in the registration fee, as well as age-group and overall trophies. There will also be unit team competition, with the 5 fastest times from each unit. There will also be a best race costume contest!



For questions, comments, articles, or to remove yourself from the email list, email:

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have a slight range of motion in the left arm, it became a work around,  
rather than a "slow me down".

