

USAG-STUTTGART

For All of Your Life!



Stuttgart Fitness Newsletter

First Annual Kickball Tournament Kicks Off!



2007 Kickball Championship Team, IMOC

Over 50 participants converged on Husky field to relive their childhood playground days by participating in Stuttgart's first 8-on-8 Kick Ball Tournament. Teams representing K-9, Special Staff, EMSS, IMOC, EU-COM J2, 52nd Signal, and EU-COM J5 took part in the tournament. The warm sunny weather made it a great day for spectators and players, with laughter and the distinctive sound of the red ball being kicked echoing throughout the day. Every "pitcher" and kicker had their own unique style of delivering and kicking the ball. The tournament lasted approximately 5 ½ hours with **IMOC** defeating EU-COM J2 by a close score of 1-0. Congratulations to all teams for coming out for some fun and fitness!

Triathletes get selected for All-Service Teams



LCDR Michal riding her bike at the 70.3 Triathlon World Championships last November in Clearwater, Florida

Two Stuttgart military triathletes were recently selected to represent their service branches for triathlon. Major **Heidi McKenna**, stationed at DISA Europe, was selected for the All-Marine Triathlon Team, which competed against other services at Port Hueneme, California on July 29.

LCDR **Theresa Michal**, also from DISA Europe, was selected as the female athlete for the four person All-Navy Ironman Triathlon team, which will compete at the Ironman World Championship in Kona Hawaii on October 13. Good luck, LCDR Michal!

MAJ McKenna, left in second row in picture at right, posing with the All-Marine Triathlon team and some wounded Iraq Marine combat veterans.



New Fitness Classes kick off the start of the Fall Season

With the return of school, parents with a little bit more free time can take advantage of the over 60 fitness classes offered here in the four Stuttgart Fitness Centers. New classes starting up in September include a "Cardio Express" and Pilates/Yoga classes at Robinson Barracks on Tuesdays, 3:30 pm—5:00 pm. Panzer will see a new "Total Body Conditioning" class on Tuesdays and Thursdays at 4:00 pm. The popular "Ironworks" strength class will be expanding to Thursday afternoons at Patch, perfect for an after-work session starting at 5:30 pm. And the popular Belly Dancing will move from Tuesday to Wednesday nights, to accommodate an additional class called American Tribal Style Belly Dancing. These classes are fun, great ways to lose body fat, increase strength and metabolism, and get in shape for winter skiing!

Superstars IV scheduled for 22 September — All Around Athletes Needed!

If you think you "can do it all," you need to register NOW for the fourth Superstarts competition. There are 9 events you will compete in, with points counting for the first 4 places. Open, 40+, and Female divisions. Events include free throws, bench press, long jump, 100 meter dash, golf pitch, soccer kick, softball and football toss, and 1500m run. Come out and test yourself! Call Wil-

Get Ready for the 4th Annual Great Pumpkin 10K Run on 27 October

Start getting in peak shape for the always beautiful and challenging Great Pumpkin Race, which will start at the Patch Fitness Center at 1000 on 27 October. The race route and a training schedule are at: www.MWRFirstChoice.com. Minimum age is 10 and strollers are not recommended.

Race t-shirts and a post-race lunch are included in the registration fee, as well as age-group and

and female divisions. Events include tree throws, bench press, long jump, 100 meter dash, golf pitch, soccer kick, softball and football toss, and 1500m run. Come out and test yourself! Call William Watson at 430-7136 for more details.

Sport and Fitness Event Calendar

8 Sept: Mountain Bike Championships, Garmisch
12 Sept: Flag Football Officials Clinic, Patch
22 Sept: Superstars Event, Patch Barracks
29 Sept: Half Marathon Run, Weisbaden Army Air Field

For more information on these and other events, go to: WWW.MWRFirstChoice.com

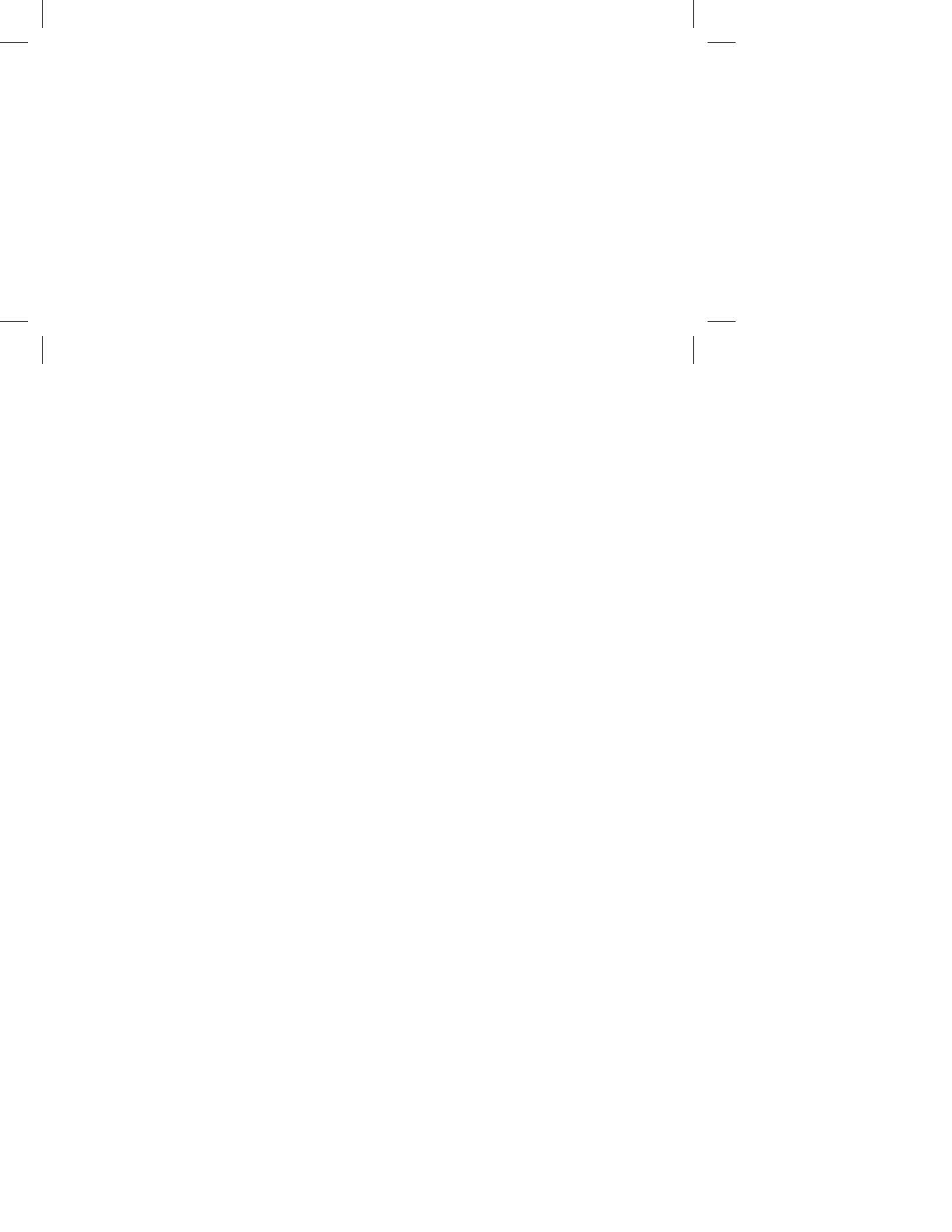
For questions, comments, or to remove yourself from the email list, email: William.M.Smith4@us.army.mil or call CIV 0711- 680-5386, DSN 430-5386.

are at: www.MWRFirstChoice.com. Minimum age is 10 and strollers are not recommended.

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.







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!

