

Air Force wins triathlon championship

SAN ANTONIO — The Air Force team won the 2004 Armed Forces Triathlon Championship held in May at Naval Base Ventura County, Calif.

The armed forces championship was

an Olympic-distance course at the base's Point Mugu. The course included a .93-mile swim, a 25-mile bicycle route and a 6-mile run. Results were based on the raw scoring times of the team's top eight

male and four female competitors.

The Navy's **Tim O'Donnell** won the event with a time of 1 hour, 51 minutes, 9 seconds, setting the course record for the championship. Capt. **Matthew Nuffort** was the top Air Force finisher (fourth overall) with a time of 1:56:49. Participant Capt. **William Poteet** finished with a time of 2:01:24, good for ninth overall and eighth military finisher.

The remaining Air Force scoring times for the men's division were Maj. **Geoffrey Cleveland** 2:02:17; Tech Sgt. **Robert Wieland**, 2:03:53; Lt. Col. **Richard Sumrall**, 2:04:58; Staff Sgt. **Michael Berquist**, 2:06:03; 1st Lt. **Michael Foster**, 2:06:31; and Capt. **Christopher Nagy**, 2:06:45.

The men's times left the team 16 minutes behind the Navy and 10 minutes behind the Army.

The Army's **Heidi Grimm** was the first woman to cross the finish line, with a time of 2:07:14. Air Force's Capt. **Camilla Stock** was the second female finisher with a time of 2:09:12. She was followed by teammate 2nd Lt. **Lara Copinger** at 2:11:28.

The final two scoring times for the Air Force were Capt. **Abigail White** at 2:17:29, and Capt. **Erika Foster**, 2:20:20. These women's times resulted in a cumulative time of 25:24:69, moving the Air Force team past both the Navy (25:38:88) and the Marine Corps (26:12:83) to win the championship.

— courtesy Air Force Services Agency



Capt. Camilla Stock's second-place finish in the female competition of the Armed Forces triathlon was the best finish among the Air Force women and was key to the team's comeback from third place after the men's round.

8th annual Air Force Marathon set

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The 8th annual Air Force Marathon will be held Sept. 18. The event will also include a half-marathon, wheelchair race, four-person relay and 5K race.

The race is open to the public, and all entries must be submitted by Sept. 7.

Besides traditional awards for top finishers of each race, marathon committee officials will present awards to the top finishers from each major command and to the command with the greatest participation.



"The Air Force Marathon is open to the public, but being a military marathon, we felt that we needed to increase the military base competition," said **Bob Brodess**, marathon director.

The course is unchanged from the past, officials said. Medals will be imprinted with the F-117 Nighthawk, this year's featured aircraft.

For more information about marathon events, visit the Air Force Marathon Web site at <http://afmarathon.wpafb.af.mil>.

by Staff Sgt. Arlo Taylor



Get a grip

Staff Sgt. Joshua Stromberg strains to keep his grip on two 400-pound, all-terrain vehicles during a "strongman contest" in May. He won the contest by out-muscling seven other

competitors in events including the Humvee pull and tire flip. Sergeant Stromberg is a fuels distribution supervisor deployed to Manas Air Base, Kyrgyzstan, from Grand Forks Air Force Base, N.D.

Air Force women win soccer championship

First Lieutenant Rosemary Costello of Los Angeles Air Force Base, Calif., dribbles past Navy competitors during the 2004 Armed Forces Women's Soccer Championship. Air Force won the double round-robin competition at Fort Eustis, Va., in May. The first game of the tournament saw Army defeat Navy, 3-1. The Navy goal later proved decisive in determining the tournament championship where Air Force battled Army. Both Air Force games against Army ended in ties, so the Air Force was named the tournament champion based on goals for and goals against. Army pummeled Navy, 6-0, in the second round, while Air Force dropped Navy, 4-0, in the first round and, 6-0, in the second round.

courtesy photo

