

Liberty Press Weekly

July 11, 2011, Vol. 3, No. 28

512th Airlift Wing, Dover Air Force Base, Del.

Wing to host first 5K Run, Walk, Crawl August UTA

Senior Airman Tanisha Brown
512th AW Public Affairs

The 512th Airlift Wing will host its first 5K Run, Walk or Crawl event here Aug. 6.

The event is open to all Department of Defense cardholders and dependents. Registration will begin at 7 a.m. outside of the base fitness center, and the run will begin promptly at 8 a.m.

The approximate 3.1 mile course will begin at the fitness center, take participants down Atlantic Avenue past the track, and loop around the flight line to finish back at the fitness center.

"The event is intended to help promote the wing's support for fitness, enhance esprit de corps, and provide a competitive event for the wing's running enthusiasts," said Chief Master Sgt. Christopher Ford, 512th Maintenance Squadron superintendent.

A combination of Chief Ford's enthusiasm for running and participation in the monthly runs held by the 436th AW prompted the chief and a few wing first sergeants to host a run for the Liberty Wing.

"I'm an avid runner; I participate in a lot of 5K runs in the local community, as well as runs on base," said Chief Ford.

This is a great opportunity for people to get together, socialize and

compete, he added.

This event is open to everyone, including novice athletes.

"Everyone's level is acceptable," said Chief Ford. "That's the great thing about this event, it was planned to meet anyone's level of fitness.

"A key component of fitness is movement. Whether running, walking or a combination of the two, the key is for the wing to get together and get

moving to promote its support of fitness and enhance morale."

Staff Sgt. Timothy Cordero, 512th Financial Management customer service technician, agrees with Chief Ford.

"I've participated in an endurance run like this before, and it's a real confidence booster," said Sgt. Cordero. "Events like this are difficult sometimes, and you end up surprising yourself with your performance."

He hopes he's able to run for the entire course without having to walk, but his ultimate goal is to have fun and represent the financial management office, he said.

Awards will be given to the first overall male and female winners and top male and female winners in four fit test age groups: under 30, 30-39, 40-49 and 50-59.

The winners of the event will be announced at the 512th AW biennial picnic, which will be held from 11:30 a.m. to 4 p.m. Aug. 6 at the Eagle's Nest picnic area.



Photo by Staff Sgt. Andria J. Allmond

Officer and enlisted members of the 512th Airlift Wing take off with relay-race batons June 12 as part of the wing's fitness challenge at the base track. The wing will host another fitness event, a 5K Run, Walk or Crawl, Aug. 6 at the fitness center.

Tricare Standard gives families more options

Tricare Standard is a great option for military families who want more freedom when it comes to selecting their medical providers.

Tricare Standard is a fee-for-service plan available worldwide to all eligible, non-active duty beneficiaries. They include:

- Active duty family members
- Family members of National Guard and Reserve members on active duty for more than 30 consecutive days
- Retired service members and their families

- Survivors
- Qualified former spouses and
- Medal of Honor recipients.

Unlike with Tricare Extra and Prime, health plan options in which beneficiaries must select providers from within the Tricare network and end up paying cheaper out-of-pocket costs, beneficiaries who use Tricare Standard have the freedom to choose any Tricare-authorized provider, including those outside of the network. It is an ideal plan for families who are already receiving care from a non-network provider and do not want to change providers.

To learn more about TRICARE Standard, go to www.tricare.mil/standard.

Don't miss Delaware State Fair

The Delaware State Fair takes place July 21 - 30 in Harrington. In addition to competitive exhibits, demonstrations, rides and free entertainment, below is a list of some of the main attractions and concerts for the fair.

- July 21, Monster Truck and Thrill Show
- July 22, Three Days Grace
- July 23, Impact Wrestling
- July 24, Big Time Rush
- July 25, Toby Keith with special guest Eric Church
- July 26, Ke\$ha
- July 27, Miranda Cosgrove with special guest Greyson Chance
- July 28, Josh Turner with special guest The Band Perry
- July 29, Demolition Derby
- July 30, Alan Jackson and special guest Craig Campbell

Ticket information for these events can be found at <http://www.delawarestatefair.com/tickets>.