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

Officer's council sets fitness challenge

The 512th Airlift Wing's 2nd Annual Ultimate Fitness Challenge this fall will feature eight categories, including a squadron tug-of-war challenge for the first time.

The inaugural event in June 2011 drew hundreds of spectators. The 46th Aerial Port Squadron won the overall team trophy, while the 512th Aircraft Maintenance Squadron won the 1-mile relay in 4 minutes, 30 seconds.

The competition is sponsored by the 512th Airlift Wing Company Grade Officer's Council and set for 2 p.m. Oct. 13 at the base running track across from the Security Forces Squadron.

It includes a two-minute push-up contest, two-minute sit-up contest, a mile relay and a one-lap fastest walker contest and the tug-of-war. Last year's contest featured eight squadrons vying for the team trophy.

The lone non-Air Force competitor in 2011, Delaware Army National Guard Sgt. First Class James White, performed 139 push-ups in two-minutes, claiming the trophy for the Men 40 and Over category.

"I was certainly impressed with the camaraderie," he said. "People weren't just cheering for their team; it was all-around support."

The event is designed to encourage a culture of fitness and boost morale as well, said 1st Lt. Michelle Anderson, the 512th Maintenance Group executive officer and vice president of the sponsoring group.

"The high level of morale and competitive energy that took place was very rewarding to those of us that worked hard to make the event a success," she said. "We received a lot of positive feedback."

The challenge was originally planned as a one-time event, but the planners had so many people inquire about when the next one was going to be held that it "was an obvious choice to hold it annually," said Anderson.

Men and women can compete in push-up and sit-up contests in the following age categories: 29 and younger, 30 to 39, 40 to 49, and 50 to 59.

The one-mile relay consists of four runners from the same squadron. The team must have members from each age category, with at least one of them being a female. Each runner will complete one lap on the ¼-mile



Dover Air Force Base Airmen cheer as Senior Airman Brandon Bermudez, 712th Aircraft Maintenance Squadron, runs past them in the 1-mile relay race June 12, 2011, during the Ultimate Fitness Challenge. This year's competition is Oct. 13. (U.S. Air Force photo by Staff Sgt. Andria J. Allmond)

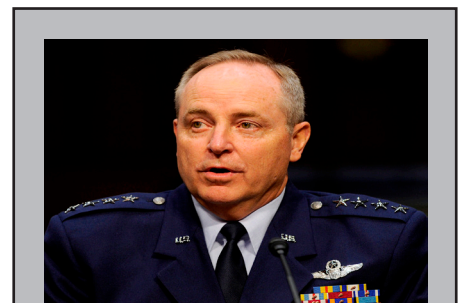
track. For the one-lap walk, individuals in any age group and gender may compete as long as they have a current profile that prevents them from being able to run.

Contestants must wear the Air Force physical training gear to the event and sign in at the registration desk 30 minutes prior the start of their events.

Squadrons can submit a person for each event or the same person in multiple events as long as the entrant is in the correct age category. Each first-place winner will be presented an award for the respective age category. A trophy will also be presented to the squadron who cumulates the most points from all of the contests, excluding the walk.

"Our main goal for this year is to increase participation. We had a good amount of participants last year but all squadrons weren't represented," said Anderson.

This year, unit fitness program managers in each squadron will serve as points of contact for their members to help increase awareness of the event.



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