



In Brief

CFC kick-off

The 2007 Team Tyndall Combined Federal Campaign runs from Sept. 17 to Oct. 29. For additional information, please call Capt. Edward Mangual at 282-4317 or Lt. Patrick Wilkinson at 283-4858.

Retirees dine

In honor of the 60th birthday of the U.S. Air Force, Headquarters Air Education and Training Command has authorized all retirees and their family members to dine at Air Force dining facilities on Sept. 18.

For more information, please contact Master Sgt. Brian Denny at 283-2239

Bunko Night

The Tyndall Officers' Spouses' Club is hosting Bunko Night at The Club (formerly the Officers' Club) at 6 p.m. Sept. 18. If you would like to attend, please call 271-0299 or email farley4@charter.net by Sept. 17.

Triathlon

Tyndall Tri/Dualathlon is scheduled for Oct. 20 at 7 a.m. The cost is \$30 for DOD card holders and \$40 dollar for non-DOD card holders.

Individuals interested in participating can contact 2nd Lt. Kevin Lawracy at 523-3838.

Members from Tyndall train for Iron Man

STAFF SGT. TIMOTHY CAPLING
325TH FIGHTER WING PUBLIC AFFAIRS

A rush of sea water rushes over a swimmer's face as he reaches forward to push through a tyrant current. He spits out the bitter salt water as he pushes his muscles to the absolute limit. As he looks up, he can finally see the end in sight for what has been a long journey. The hot sun bounces off his back as he continues to edge forward. At last, he reaches the end of a grueling two and a half mile swim and rushes ashore. Unfortunately, his work has

only just begun. Now he needs to bike more than 100 miles and then top off his day with a marathon.

The Ironman Florida competition takes place at Panama City Beach and is scheduled to be held Nov. 3. Tyndall has at least six competitors training to participate this year.

According to <http://www.ironmanlive.com>, the Ironman is a triathlon race created in 1978 by then Navy Cmdr. John Collins and his wife Judy to settle an argument among a group of different

types of athletes to decide who was the most physically fit between swimmers, runners and cyclists. The result was what is now known as an Ironman triathlon consisting of a 2.4 mile swim, 112 mile bicycle ride and a 26.2 mile marathon run consecutively. If that is not enough, competitors must finish the grueling feat within 17 hours to be declared an "Ironman."

The Tyndall members train as a group as much as possible, said David Shaw, a contingency planner with Air Force Northern Command here.

Mr. Shaw has been running triathlons since 1984 when he was asked to compete on a relay team. He has run more than 200 triathlons to include three Ironmans.

Mr. Shaw, who ran the Air Force Marathon in 2005, said he enjoys training for the Ironman because of the camaraderie and the sense of accomplishment from crossing the finish line.

Mr. Shaw most recently ran the Tallahassee Marathon in February.

Capt. Michelle Harwood, Air Force Civil Engineer Support Agency airfield pavement evaluation team chief here, is also looking forward to crossing the finish line.

November's Ironman will be Captain Harwood's first. She said she finds the mental aspects most difficult because of the required focus for such a long time.

Capt. Laura Ragucci, 325th Comptroller Squadron budget officer here, said she likes to look at every event separately.

"Biking is my strongest event," Captain Ragucci said. "Nutrition is key for the bike."

Captain Ragucci, who ran the Disney Marathon the last four years and has

• SEE IRON PAGE 2



Lisa Norman

Remember 9/11

The Fitness Center hosted a Team Tyndall memorial formation run at 7:46 a.m. Sept. 11 led by Brig. Gen. Tod Wolters. The run started at 7:46 a.m. because it was the minute the first plane hit the World Trade Center building in 2001.

Checkertail Salute

Senior Airman Jason Booth



Airman First Class Anthony J. Hyatt

Airman Booth, 325th Aircraft Maintenance Squadron crew chief, checks the intake of an F-22 Raptor Friday morning. Checking the intake is very important because if checked incorrectly, jets won't fly safely.

Airman Booth became the first Senior Airman at Tyndall Air Force Base to receive F-22 Raptor maintenance engine run qualifications. This position is normally reserved for staff sergeants. He is also dedicated to the safety of his fellow workers. He co-founded Hornets Against Drunk Driving.

- Duty title:** Crew chief
- Hometown:** Madison, Wis.
- Time on station:** Three years
- Time in service:** Six years
- Hobbies:** Playing in my band "Code to Zero"
- Goals:** To make the rank of technical sergeant the first time I test
- Favorite thing about Tyndall AFB:** It's close to Firehouse Subs
- Favorite movie:** It's a Wonderful Life
- Favorite book:** "A Moveable Feast" by Ernest Hemingway
- Pet peeves:** Empty oil carts
- Proudest moment in the military:** Finally making the rank of staff sergeant

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

2007 Standings Flag Football



(as of Sept. 17)

Team	Win	Loss
AMXS	4	0
SVS	3	0
SFS	2	0
MOS	3	1
MXS	3	1
COMM	2	1
601st	2	2
OSS	2	2
MSS/FW	2	2
MDG	2	2
CES	2	3
CONS	1	2
95th	0	0
823rd	0	2
ACS	0	2
AFRL	0	3
53rd	0	5

• FROM IRON PAGE 1

one Ironman under her belt, said she enjoys the scenery an Ironman provides and the interaction with people from different walks of life.

Tech. Sgt. Jake Burkett, 325th Security Forces Squadron logistics and supply superintendent here, said he thinks about everything else except the competition while in the Ironman to help take his mind off the grueling task ahead of him.

Sergeant Burkett said the key to success during the race is to keep your body properly nourished.

"If you don't eat or drink properly during the race, you can dehydrate or cramp up really fast," Sergeant Burkett said.

Some common foods and drinks that most of the racers take in while competing are energy drinks, power gel, fruit, salt tablets and electrolyte pills, said Sergeant Burkett.

Not all of Tyndall's competitors have been participating in triathlons for a long period of time.

Master Sgt. Trevor Teeselink, 325th Air Control Squadron's noncommissioned officer in charge of operations training, started competing in triathlons in 2006 but has never competed in an Ironman.

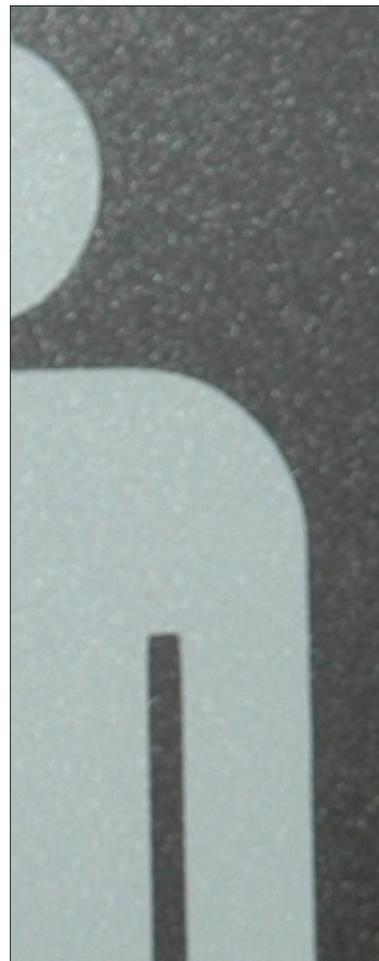
Mr. Shaw said most of the group tries to train together six days a week with various workouts consisting of swimming, biking and running.

One common goal of most of the competitors is to beat their last Ironman time.

"My goal for this time is to finish in less than 14 hours," Captain Ragucci said.

"It's like having a second full-time job," Sergeant Burkett said. "We do taper down the training the last three weeks with shorter runs that are less intense but still keeping our muscles moving for preparation."

Now the sun is starting to set and looks like a floating tangerine torn into the pink sky. As he runs his final steps, an avalanche of emotion comes over him. Sweat is flowing down his tired face. Step after step, the goal is near. He crosses the finish line and the loud announcer yells, "Congratulations, you are an Ironman." His journey is over and at long last, he can rest; until next time that is.



Identify this ...

Can you identify this object?

If so, send an e-mail to editor@tyndall.af.mil with "Identify this" in the subject line.

Three correct entries will be chosen at random and drawn from a hat to determine the final winner. The prize can be claimed at the Public Affairs office.

Staff Sgt. Kristen Lofu-Magwood Anderson, 325th Civil Engineer Squadron, correctly guessed the Sept. 10 "Identify This" as a baseball. Congratulations Sergeant Lofu-Magwood.