



# USAFE Fitness

*Improving the fitness of our Airmen to meet the demands of our mission*

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<https://wwwmil.usafe.af.mil/direct/cc/metrics/default.htm>

October 2006

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## USAFE Athletes of the Year

USAFE is proud to announce SrA Nicole Bowman, 31st Communication Squadron, as the Female Athlete of the Year. As the starting point guard and captain of the 2006 All-Air Force Women's Basketball Team, SrA Bowman led her team to the silver medal. Her stellar play and leadership drove the CC-AIR HQ Ramstein International Basketball Championship team to a first-place finish. Her outstanding performance in her job earned her Airman of the Quarter award. An exemplary student, she is actively pursuing a master's degree in curriculum instruction, earning 33 credits and maintaining a 3.8 GPA. Actively involved in the community, SrA Bowman developed, organized and led free basketball clinics for the Aviano Youth Program (AYP). She volunteers weekends for Airmen Against Drunk Driving, and participated in the Porchia Cultural Exchange Program, teaching 30-50 Italian students how to speak and write in English.



SSgt Lorenzo Peterson, 435th Security Forces Squadron, is the USAFE Male Athlete of the Year for the second year in a row. SSgt Peterson's consistent top performances in wrestling tournaments earned an invitation to the 2006 All-Air Force Wrestling Trial and Training Camp as well as selection to represent the Air Force in the Heavyweight/120kg Greco-Roman division. Additionally, he was invited to the USA Wrestling National Wrestling Training Camp at the USA Olympic Training Center in Colorado

Springs, Colorado. SSgt Peterson won the gold medal in the 96kg Greco-Roman division at the US Forces European Wrestling Championships in Wiesbaden, Germany, leading his military team to a 1st place finish. His job performance earned him a 435th SFS NCO of the Quarter award and his supervised flight to an Elite Guard Flight of the Quarter Award. His numerous volunteer efforts helped the 435th SFS Elite Guard win the Kaiserslautern Military Community Outstanding Volunteer of the Year 2005 Squadron award.

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USAFE Fitness Website:  
[www.USAFEFitness.org](http://www.USAFEFitness.org)

## 2006 USAFE Fitness Center 5-Star Results

The Air Force Fitness Center 5-Star Program is an annual recognition of superior achievement for fitness centers. This is a comprehensive program, designed to recognize excellence in five areas: **Operations, Programs, Training, Facilities, and Customer Service.** USAFE achieved unprecedented success with a 400% increase in programs earning 5-Star status. RAF Lakenheath, RAF Mildenhall, Ramstein AB, and Spangdahlem AB will be recognized for their accomplishment at this November's Athletic Business Conference in Las Vegas, Nevada.

*"It's all about the Team"*

## Ramstein's Amazing Race

The 435th Services Fitness Center Staff hosted the 3rd Annual Ramstein Amazing Race on 26 Aug 06. Eighteen teams consisting of three members participated in the two-hour event. The race required teams to trek on foot over most of the Air Base without the aid of vehicles, bicycles, or rollerblades. Assistance from computers, cell phones, or bystanders was prohibited, but there was no shortage of cheering supporters. The diverse physical challenges included: soccer penalty kicks, an obstacle course, and dressing a mannequin. Each station began with 15 push-ups prior to embarking on the station challenges. Brainpower was tested with mental challenges consisting of 3-5 questions of logic and trivia related to the station's theme. An added scavenger hunt required team members to collect items from different base organizations such as car tires, lodging pillows, water bottles, and AAFES flyers.



Captains Ravi Balaram and Kathryn Augsburger participate in the towel roll

## Lajes' New Fitness Center

The 3rd of November marks the transition to Lajes' new Chace Fitness Center addition. The \$5.6M, 1,975 square meters facility contains state-of-the-art equipment and a variety of features.

- Full basketball/volleyball multi-use courts
- 4 racquetball courts
- 4 group exercise rooms
- Large cardio area with 26" flat screen color televisions
- Free weight and selectorized weight areas
- FitLinx fitness network
- 6 locker rooms



## Cross Country Athletes

RAF Mildenhall (DSN: 238-3063) and Ramstein AB (DSN: 480-8085) are hosting the USAFE Cross Country Regional Championships on 28 Oct 06 and 18 Nov 06 respectively. Participants should contact the respective fitness centers to register. Top performances earn consideration for the CC-Air HQ Ramstein Cross Country Training Camp, 1-4 Dec 06 and following championships, 5-7 Dec 06, in Poznan, Poland where our USAFE team will compete against Air Forces from Belgium, Germany, the Netherlands, Poland, and the United Kingdom. Interested active duty athletes must submit an AF Form 303 to their base fitness center to forward to the USAFE Sports office by 3 Nov 06.



as of 6 Oct 06

Fitness Readiness	
MAJCOMs	
USAFE	95.8%
AETC	92.1%
AMC	90.0%
PACAF	90.0%
AFSPC	89.5%
AFMC	88.1%
ACC	86.3%
AFSOC	86.2%

Fitness Readiness	
Leading USAFE	
39 ABW	97.1%
48 FW	97.0%
86 AW	96.9%
65 ABW	96.6%

*USAFE Fitness is...* a program aimed at improving the physical fitness of our Airmen to meet the demands of our mission. This command-wide program is committed to enhancing mission readiness and the quality of life of our "Total Force" through focus on physical and health regimes.

### Goals:

- Improve the physical fitness/readiness of our Airmen
- Expand and enhance fitness and sports opportunities
- Improve AF Five-Star Fitness Program rating at USAFE bases
- HAWC-trained PT leaders to conduct safe/effective exercises
- HAWC diet/injury advisory services - easily available/used

*"It's all about the Team"*