

THE WELLNESS CORNER

OCTOBER 2012 EDITION

VOLUME 2, ISSUE 8

TRACEN Takes First in Military Division, Fourth Overall in Ragnar Relay



On Saturday, September 15, 2012, after exactly 25 hours, 31 minutes, and 29 seconds since the 12-man TRACEN Petaluma team began their nearly 200-mile journey from San Francisco to Calistoga, the final runner on his final leg, a completely exhausted HS2 John Peck, finally crosses the finish line. And after all the smoke cleared and the dust settled, "US Coast Guard Rodeo Clowns" finished first in the Military and Law Enforcement Division, and fourth place overall in the 2012 Ragnar Napa Valley Relay Race.



"US COAST GUARD RODEO CLOWNS" FINISHED FIRST IN THEIR DIVISION AND FOURTH OVERALL IN THE RAGNAR NAPA VALLEY 194-MILE RELAY RACE FROM SAN FRANCISCO TO CALISTOGA. FROM LEFT TO RIGHT: (KNEELING) DCCM ROBERT JEFFRIES (VAN DRIVER) AND HS2 JOHN PECK, (STANDING) ET2 KERSON PEREZ, SK2 JUSTIN HINKLE, OS1 MATTHEW BROWN, ESIN ZAMORA, LARRY "LORENZO" RAMIREZ-GARCIA (COACH), JEREMY LONG, MICHAEL FROST, SANDRA FROST, ET3 REED ARROTT III, ET3 MICHAEL SOTO & DAWN CARTER.

WHAT IS RAGNAR?

Ragnar is the overnight running relay race that makes testing your limits a team

sport. A team is made up of 6-12 individuals; each individual runs 3 legs. The legs of the race vary in difficulty and

distance, from 3-8 miles, allowing elite and novice runners to run together. Over 2

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October 2012 Semi-Annual Weigh-Ins



October weigh-ins are just around the corner! Weigh-ins will be conducted on the 24th & 25th of October. To ensure you are well within Commandant standards, we encourage you to closely monitor your weight and body fat at all times.

Furthermore, there are

tremendous opportunities at the Training Center for participation in sports activities, fitness classes, or personal improvement. Also, check with the TRACEN UHPC

Staff for additional assistance or ideas for your fitness activities. When participating in an activity or utilizing the gym, ensure that you sign-in to receive credit.

WEDNESDAY, OCTOBER 24 (A SCHOOLS ONLY)	
0800-0830	ET 02-13, FS 02-13, FS 03-13
0830-0900	HS 02-13, IT 01-13, IT 02-13
0900-0930	IT 03-13, OS 01-13, OS 02-13
0930-1000	OS 03-13, YN 01-13
1000-1100	Suspended in Training, Disenrolled Students, Early Arrivals
1300-1400	Open for Carryovers

THURSDAY, OCTOBER 25 (PERMANENT PARTY)	
0800-0830	T Division (A-C)
0830-0900	T Division (D-J)
0900-0930	T Division (K-R)
0930-1000	T Division (S-Z)
1000-1030	Cadre & E Division
1030-1100	Open for Carryovers
1300-1330	F Division
1330-1400	A Division
1400-1500	Open for Carryovers

MAX ALLOWABLE WEIGHT	
Height (Inches)	Weight (LBS)
58	131
59	136
60	141
61	145
62	150
63	155
64	160
65	165
66	170
67	175
68	180
69	186
70	191
71	197
72	202
73	208
74	214
75	220
76	225
77	231
78	237
79	244
80	250

MAX ALLOWABLE BODY FAT		
Age	Male	Female
Less than 30	22%	32%
Less than 40	24%	34%
Over 40	26%	36%

Coast Guard Planning For Its First Servicewide Physical Fitness Test



The Coast Guard is narrowing its list of exercises that eventually could serve as a first-ever service-wide physical fitness test.

A charter group will report back by the first of the year with exercises deemed most relevant for Coasties, said Master Chief Petty Officer of the Coast Guard Michael Leavitt. Those exercises will then make their way to Coast Guard Headquarters in Washington and the Coast Guard Training Center in Cape May, N.J., for testing.

The best way to encourage Coast Guardsmen to work out is for them to see their superiors hitting the gym, said Master Chief Petty Officer of the Coast Guard Michael Leavitt.

Leavitt, 51 and a former college wrestler, works out six days a week, giving Coast Guardsmen something to look up to.

He said he wakes up early and does a cardio workout four to five days a week. Two or three days a week, he adds in weightlifting.

On weekends, he hops on his bike for about a 50-mile ride. Leavitt has plans for a 100-mile bike ride later this month.

While plenty of Coasties are in fine shape, Leavitt said a group exists that doesn't take the initiative to get fit and therefore needs a mandatory physical fitness program.

"We need to perform at the top of our game," Leavitt said. "It's a matter of life and death, and a

matter of inches in some cases."

Leavitt was unable to provide a more concrete timeline of when the PT test could hit the fleet. However, he said it's one of his top priorities in the two years left in his term as the service's enlisted leader.

Though there is no fitness test yet, Coasties have a mandatory weigh-in every six months, which records their height and weight. The maximum allowable weight for each height - the same figure for men and women - can be found in ALCOAST 120/12, released in March. Coasties who come in overweight undergo a body-fat measurement; the message includes maximum allowable body-fat percentages broken down by gender and by age.

According to LCDR Patricia Woolcott, personnel policies team leader, Coast Guardsmen can be kicked out of the service for four reasons regarding weight: they are more than 35 pounds over the maximum weight or 8 percent above their max body fat; they do not lose weight after they are put on probation; they have three weigh-ins in a row that are non-compliant; or they are put on probation three times with 14 months.

Leavitt said he hopes the institution of a physical fitness test will mean fewer Coast Guardsmen on probation in the weight program.

"We want to create a healthier work force," he said. "There is life after the Coast Guard, and this will

create healthy habits for retirement, too."

Leavitt's executive assistant, Master Chief Bobbie Sisto, declined to list specific exercises under consideration because planning is still in the early stages. She was also unable to say whether Coasties could be kicked out for failing the tests.

In the Navy, sailors can be kicked out for failing the fitness test three times in four years.

JOB-SPECIFIC STANDARDS

Coasties in certain specialties already take physical fitness exams. Helicopter rescue swimmers, for example, have physical training exam standards that include performing 50 pushups and 60 situps - with a two-minute time limit per exercise - and completing a 500-yard crawl swim within 12 minutes, according to the Coast Guard Helicopter Rescue Swimmer Manual.

Boarding team members and surfmen also take fitness tests.

Coast Guard Academy applicants must pass a fitness test that includes a 1½-mile run, cadence pushups and situps; the test can be given by a high school coach or other official, and the results form is part of the school's online application. The same test is given during a freshman's "Swab Summer" - he can be disenrolled for poor performance or placed in a remedial fitness program, according to the academy's website.

Ideally, Leavitt said he wants a servicewide standard that can be achieved by everyone. Requirements would be the same for men and women, he said, though they

may be adjusted by age group.

If the Coast Guard keeps the same standards, regardless of sex, it would be a departure from the other branches or departments. The Navy has different standards for men and women, as do the Air Force, Army, Marines and FBI special agent program.

The fitness plan should also be tailored to what is practically used in the field, Leavitt said. For example, running a mile and a half will be rare for Coast Guardsmen, who serve on ships that are significantly shorter than that. The national security cutter, for example, is 418 feet long. Leavitt suggested that a 300-yard sprint might be more applicable to the service.

In preparation for the tests, Leavitt envisions a blend of command and individual fitness regimens. While at first commands may exercise together to ensure members do certain exercises and build "command camaraderie," others may devise individual training methods that work for them, thus breaking off from the group.

In talking with the force, Leavitt said, it seems the idea has strong support, especially from the younger Coasties.

"At every all-hands [meeting] I go to, young people want a mandatory fitness program," he said.

The hope is to select a program that can stand the test of time, Leavitt added.

"We're looking at what policies and what exercises will make sense in 2020," he said.

[Article Written by Jacqueline Klimas, Staff Writer for The Navy Times]

October 2012 Fitness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1130 Yoga 1630 R.I.P.P.E.D. 1730 UHPC Workout	2 1130 Total Circuit Fitness 17000 Zumba 1630 Boxing Conditioning 1730 UHPC Workout 1830 Judo Kids 1930 Judo Adults	3 0900 Mommy & Me 1130 Spinning 1630 Yoga 1700 Family Fitness Fun 1730 UHPC Workout	4 1130 TRX 1630 Boxing Conditioning 1730 UHPC Workout 1830 Judo Kids 1930 Judo Adults	5 1130 Boot Camp Fitness 1730 UHPC Workout	6 0830 Zumba
7	8 COLUMBUS DAY Gym Hours: 0800-2000	9 1130 Total Circuit Fitness 1730 UHPC Workout 1830 Judo Kids 1930 Judo Adults	10 0900 Mommy & Me 1130 Spinning 1130 Insanity Group 1630 Volleyball Coaches Meeting 1630 Yoga	11 1130 TRX 1630 Zumba 1630 Boxing Conditioning 1730 UHPC Workout 1830 Judo Kids 1930 Judo Adults	12 1130 Boot Camp Fitness 1730 UHPC Workout	13
14	15 1130 Yoga 1630 R.I.P.P.E.D. 1730 UHPC Workout	16 1130 Total Circuit Fitness 1730 UHPC Workout 1830 Judo Kids 1930 Judo Adults	17 0900 Mommy & Me 1130 Spinning 1130 Insanity Group 1630 Yoga 1700 Family Fitness Fun 1730 UHPC Workout	18 1130 TRX 1630 Zumba 1630 Boxing Conditioning 1730 UHPC Workout 1830 Judo Kids 1930 Judo Adults	19 0900 Foxtail South Golf Tournament 1130 Boot Camp Fitness 1730 UHPC Workout	20
21	22 1130 Yoga 1630 R.I.P.P.E.D. 1730 UHPC Workout	23 1130 Total Circuit Fitness 1730 UHPC Workout 1830 Judo Kids 1930 Judo Adults	24 0800-1400 Weigh-Ins 1130 Spinning 1130 Insanity Group 1630 Yoga 1730 UHPC Workout	25 0800-1500 Weigh-Ins 1130 TRX 1630 Zumba 1630 Boxing Conditioning 1830 Judo Kids 1930 Judo Adults	26 1130 Boot Camp Fitness 1730 UHPC Workout	27 0830 Zumba
28	29 1130 Yoga 1630 R.I.P.P.E.D. 1730 UHPC Workout	30 1130 Total Circuit Fitness 1630 Zumba 1730 UHPC Workout 1830 Judo Kids 1930 Judo Adults	31 0900 Mommy & Me 1130 Spinning 1130 Insanity Group 1630 Yoga 1730 UHPC Workout			

GROUP FITNESS CLASSES

UHPC WORKOUT

Every weeknight, the Duty UHPC will be conducting a fitness class from 1730 to 1815. These classes will vary with each UHPC, but everyone is welcome to come down and get involved in a variety of different workouts and fitness classes.

BOOT CAMP FITNESS

Now you can get back into boot camp shape with Boot Camp Fitness, a program designed to build strength and fitness through a variety of intense group interval exercises. Allow certified Boot Camp instructor Elise Moseley to “motivate” you back into military shape every Friday at 1130.

BOXING CONDITIONING

Have you ever wanted to learn the proper technique to throw a punch, how to defend yourself from an incoming punch, learn all the basic boxing techniques, or increase your power, speed, stamina, and agility like a boxer? Now you can learn all of that and more through Boxing Conditioning. Allow certified instructor ET1 Terrence Joseph train you in the “Sweet Science” and mold you into a lean and mean boxing machine. Classes are held every Thursdays at 1630.

(Classes are for 18 & up only.)

JUDO

Judo (meaning “gentle way”) is a modern martial art and combat sport created in Japan where the object is to either throw or takedown your opponent to the ground, immobilize or otherwise subdue your opponent with a grappling maneuver. Both kids and adult judo classes are available on Tuesdays and Thursdays. A judo gi (uniform) is mandatory for this class.

R.I.P.P.E.D.

Experience this total body “plateau proof fitness formula” workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Join certified R.I.P.P.E.D. instructor Elise Moseley every Monday at 1630 for this “One Stop Body Shock”.

SPINNING

Join our certified Spinning instructor staff in cycling inspired rides that combine sound training principle, expert coaching, inspirational music, and a unique mind/body

philosophy. Classes held every Wednesday at 1130.

TOTAL CIRCUIT FITNESS

Utilizing different equipment, such as medicine balls, BOSU balls, resistance bands, dumbbells, kettlebells, ab wheels, agility ladders, TRX suspension bands, Swiss balls, plyometric boxes, and more, “Total Circuit Fitness” instructor ETC Joseph Balduenza puts you through various full-body conditioning exercises combining resistance training and high-intensity cardio. Join “Total Circuit Fitness” every Tuesday at 1130 on the gym floor.

TRX

Certified TRX instructors utilize suspension training exercises that build true functional strength and improve flexibility, balance and core stability all at once, as is required on the playing fields of sports and life. Group TRX classes are held Thursday at 1130.

YOGA

Yoga is held twice a week with our very own Namaste, Jane Lybecker. Come, relax and stretch out your stresses. A great change of pace for those just beginning a workout schedule. Classes are now at the gym on Mondays at 1130 and Wednesdays at 1630.

(POC: Jane Lybecker)

ZUMBA

Zumba Fitness is moving the world to a new beat. Are you ready to party yourself into shape? Let certified instructor BMC Jenn Stanton lead you in an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that’s moving millions of people toward joy and health.

PICK-UP GAMES

BASKETBALL

Full court pick-up games are held at the gym every Mondays, Wednesdays and Fridays at 1130-1300.

ULTIMATE FRISBEE

Another popular alternate fitness activity played biweekly on the fields of TRACEN. Weather permitting Mondays, Wednesdays and Fridays from 1130-1300.

VOLLEYBALL

Indoor volleyball at the gym is open to everyone every Tuesdays and Thursdays 1800-2000.

Reminder: All classes are canceled on red letter holidays.

Is Your Weekend Sabotaging Your Weight Loss Efforts?

Do you find yourself exercising on a consistent basis and working really hard to watch the calories you are eating but aren't losing the weight you think you should? Well look to your weekend habits and you may have the answer. Many people do really "great" (their words) during the week but then find themselves overindulging on the weekends. Could this really be enough to sabotage your weight loss efforts? Yes!

A common weekend (over) indulgence for many is alcohol and can be a big culprit in halting weight loss. Alcoholic drinks are often touted as being "full of carbs" and some are, mainly in the form of sugar, but this isn't the main contributor when it comes to calories. Alcohol itself contains 7 calories per gram and is the second highest calorie containing substance we consume behind fat (which has 9 calories per gram). This is almost double the amount of calories found in 1 gram of carbohydrate (4 calories per gram). A standard drink has 14 grams of alcohol or approximately 98 calories. Add in the calories from the other components found in an alcoholic beverage and this number ranges from somewhat higher to "holy mackerel" higher. So do you account for these calories when trying to create a calorie deficit? Many don't but if you do, you probably underestimate their contribution. Let's look at the calories of some common drinks. These are just estimates. Depending on how the drink is prepared or the variation, the calories may differ. For instance, a glass of red wine has approximately 5 to 10 more calories than a glass of white.

So since we are on the topic of wine, a 5-ounce glass of wine has approximately 100 calories. Not bad but..... is your glass only 5 ounces full? Picture a 1-cup measuring cup which is equivalent to 8 ounces. Now picture what your glass of wine most often looks like. How do they compare? It wouldn't be surprising to me if you are thinking your glass of wine is typi-



FOR A LOT OF PEOPLE, OVERINDULGENCE WITH ALCOHOLIC DRINKS OVER A WEEKEND MAYBE THE REASON WHY THEY ARE NOT SEEING THEIR DESIRED RESULTS WHEN IT COMES TO LOSING WEIGHT.

cally more than 5 ounces. But let's say it is 5 ounces and you have 4 glasses of wine that would be 400 extra calories right there. If your 4 glasses of wine really were closer to let's say 8 ounces each, you are looking at about 160 calories per glass for a total of 640 calories. We will look at what this means for your weight loss efforts in just a moment.

Let's look at beer next. Twelve ounces of light beer gives you about 110 calories while a regular about 140. Let's say you have 5 beers over the course of watching the game. That could net you approximately 700 calories.

Now onto spirits. One and a half ounces of spirits, the amount in a shot glass, has about 70-150 calories depending on the type of spirit. And of course you then have to add in the calories for what you mix it with. Here are some examples:

- **6 oz. Rum and Coke – 125 Calories** (1 oz. Rum, 5 oz. Coke)

- **6 oz. Vodka and Soda – 65 Calories** (1 oz. Vodka, 5 oz. Soda Water)
- **10 oz. Bloody Mary – 180 Calories** (2 oz. Vodka, 8 oz. tomato juice, Dash of Tabasco and pepper)
- **7.5 oz. Gin and Tonic – 156 Calories** (1.5 oz. Gin, 6 oz. Tonic)
- **4 oz. Cosmopolitan – 213 Calories** (1.5 oz. Vodka, 0.75 oz. Triple sec, 0.75 oz. Cranberry Juice, 1 oz. Fresh Lime Juice)
- **10 oz. Margarita – 550 Calories** (4 oz. Tequila, 4 oz. Margarita/Sour Mix, 2 oz. Triple Sec, Lime Juice, 1 tsp. Sugar)
- **9 oz. Mai Tai – 620 Calories** (3 oz. Light Rum, 2 oz. Dark Rum, 1 oz. Crème de Almond, 1 oz. Triple Sec, 1 oz. Sweet and Sour Mix, 1 oz. Pineapple Juice)
- **12 oz. Piña Colada – 586 Calories** (3 oz. Rum, 3 oz. Coconut Cream, 6 oz. Pineapple Juice)

- **6 oz. Mud Slide – 556 Calories** (1.5 oz. Vodka, 1.5 oz. Kahlua, 1.5 oz. Bailey's Irish Cream, 1.5 oz. Half-and-Half)
- **10 oz. Long Island Ice Tea – 543 Calories** (1.5 oz. Vodka, 1.5 oz. Rum, 1.5 oz. Tequila, 1.5 oz. Gin, 1.5 oz. Triple Sec, 2 oz. Sweet and Sour, 0.5 oz. Cola)

I think you can see that these calories can add up quickly. And of course consuming excess alcohol tends to loosen your inhibition which often leads to making eating choices without thinking.

So let's look at what this could mean for your weight loss efforts. During the week you have created a 3500 calorie deficit by decreasing your calories by 400 and burning 300 calories through exercise. This would theoretically lead to a pound of weight loss. Friday night you go out with your friends and have 1 Cosmo and 3 (8-ounce) glasses of wine. Not too bad and you don't have anything extra to eat so no additional calories there. Total: 693. Saturday you are out by the pool, it is hot and a Margarita sure sounds refreshing. Before you know it you have had 2 for a total of 1100 calories! Saturday night you are back out with friends. You first go to a Mexican restaurant for dinner and then out to a bar afterwards. You have a couple of light beers while waiting for your table and of course chips and queso. Between that and then the enchilada platter you order for your meal you are over your food calories by about 800 calories. Across the night have about 8 light beers. Grand total: 880 calories. Sunday is your day of rest (and recovery).

Total for the weekend: 693 + 1100 + 800 + 880 = 3473 calories!!

So all the effort you put into creating a calorie deficit during the week was completely wiped out by your weekend choices. You can imagine what the calorie totals would be for someone who has even more drinks than this and/or consumes additional food calories.

(Continued on page 7)

The Dreaded Scale May Just Be Your Friend



SOME PEOPLE ABSOLUTELY DESPISE STEPPING ON THE SCALE, BUT IF UTILIZED STRATEGICALLY, IT JUST MAY BE THE TOOL YOU NEED TO ASSIST WITH YOUR WEIGHT LOSS EFFORTS.

The other day, my friend and I were having a conversation about our society's dislike of getting on the scale. (Hate is probably more appropriate but my mom taught me that that isn't a very nice word!) Even those who do not have a weight control issue absolutely dread getting on the scale. I know for me the conditions have to be just perfect: it has to be the right time of day, after I have used the bathroom of course, not too close to when I have had a meal or something to drink, etc. If any of these conditions are off I just refuse to get on. When I go to the doctor's office (because of course their scale is already wrong as it is) I carefully choose my clothes so that the items that I am wearing do not add too much weight (jeans and sweaters are never allowed) and I always insist on taking off my shoes.

That act that we dread so much, however, just may be the key to successful weight loss and weight maintenance. Research has consistently shown that self-monitoring is critical to behavior modification. In terms of weight loss, the importance of self-monitoring is discussed quite frequently but most often in the context of logging or tracking food consumption and physical activity. Self-

monitoring is of benefit because it increases awareness about the choices you are making as well as what factors influence these choices. It also provides a measure of progress and provides insight into how behavioral choices are moving you towards or away from your goals. Not only does this provide accountability but it can also serve as a great form of motivation. Logging and tracking weight is another form of self-monitoring that has the same benefits. The National Weight Control Registry is the largest study of long-term successful weight loss maintenance, tracking over 10,000 individuals who have lost significant amounts of weight, ranging from 30 pounds to 300 pounds, and have kept it off for long periods of time, ranging from 1 year to 66 years! According to their data, 75% of their members weigh themselves at least once a week.

And this data is reaffirmed in many additional studies that have shown that regular self-weighing enhances weight loss efforts. There is a debate as to how often one should step on the "dreaded" scale. Some researchers and practitioners feel that frequent weighing in some individuals might be contraindicated because it can possibly

lead to negative psychological conditions such as depression, anxiety, and stress associated with weight. Others have shown that daily weighing yields superior weight loss results than even weekly weighing while others have shown that once a week is sufficient. Regardless of the exact number, overwhelmingly the evidence suggests that those who weigh themselves frequently have greater success in losing weight and keeping it off than those who do not.

I know the thought going through your head right now, "but do I really have to?" As much as you may despise getting on the scale, it may be one of the tools that can really help you to achieve your weight loss goals. Ask yourself this, "Is a few seconds of feeling uncomfortable once a week (or once a day depending on how often you choose) worth it if it means you can increase your chances of reaching the weight you so desire or maintaining what you have already achieved?"

If your answer is yes then here are some tips for monitoring your weight:

Weigh yourself on the same scale each time. Your scale at home is going to be different than the scale at the gym which will be

different than the scale at your doctor's office. Choose one to use as your tracking tool to eliminate the variability. This will ensure that the changes you are seeing are accurate.

Weigh yourself at the same time of day and wear the same amount of clothing. Weight fluctuates throughout the day so choose a time of day that is most convenient for you. Always wear similar weight of clothing. Again, these help to decrease variability and increase the accuracy of your measurement.

Use other methods to assess your weight. Because weight fluctuates naturally and because weight on a scale isn't always reflective of other changes that are occurring, it helps to use other methods of assessment. Use a tape measure to measure the circumference of different sites of your body which can be another monitor of change. Assess how your clothes are fitting and how you are feeling. Have your body composition measured.

Remember that there are going to be normal fluctuations. Because of fluctuations in body water some of which are completely out of our control, body weight is going to vary some. (My sister refuses to weigh after eating pizza because the sodium content causes her to retain fluid and results in a larger number on the scale the next day. One piece of pizza when she hasn't over consumed calories is not going to change her actually body weight.) Just keep in mind that sometimes the number on the scale isn't a full reflection of your weight-management efforts.

Write it down. Tracking your weight and seeing the changes (or lack thereof) can provide tremendous insight into your weight loss efforts, can help guide your steps, and can be quite motivating!

[Article Written by Gina Cortese-Shipley, MS, Associate Director of Education, for The Cooper Institute]

TRACEN Takes First in Military Division, Fourth Overall in Ragnar Relay

(Continued from page 1)

days and 1 night, teams run across 200 miles of the country's most scenic terrain. Pair that with crazy costumes, inside jokes, a great finish line party and unforgettable stories. Some call it a slumber party without sleep, pillows or deodorant. That is Ragnar in a nutshell.

ET2 PEREZ'S PERSONAL ACCOUNT

"The training for the relay was an adventure in itself. We trained in two different groups to accommodate everybody's schedule. Larry 'Lorenzo' Ramirez-Garcia, the team captain, put his runners through a rigorous training regimen, running an average of 40 miles per week in different terrains. I was told that on many occasions, Lorenzo would drive his runners as far as Petaluma and would have them run back to the base.

OS1 Matthew Brown, ET3 Reed Arrott III, ET3 Michael Soto and I trained on a regular basis for about 3 months. We ran different distances and terrains, and Texas Hill became our best friend. It was definitely a pleasure and an honor to train with Arrott and Soto. I say this because of their attitude and the tremendous effort that they brought during our training. Soto stopped smoking, and a month into training his cardio had improved greatly. Arrott started eating healthier. That, combined with early morning runs, resulted in one of the fastest students I have ever seen, running the 5k under a 5:45 minute pace.

The big day came, and we were all ready to take on the challenge. Two vans with six runners each: Van 1 (Esin Zamora, ET3 Michael Soto, OS1 Matthew Brown, ET3 Reed Arrott III, Sandra Frost, and myself), and Van 2 (Lorenzo Ramirez-Garcia, Jeremy Long, Dawn Carter, HS2 John Peck, Michael Frost, and SK2 Justin Hinkle). With the support and guidance of Master Chief Robert



STARTING AT CRISSY FIELD AT THE FOOTHILLS OF THE GOLDEN GATE BRIDGE IN SAN FRANCISCO, RUNNING THROUGH SCENIC NORTHERN CALIFORNIA, AND ENDING IN NAPA VALLEY IN CALISTOGA, THE TWO DAY, ONE NIGHT, 194-MILE RAGNAR NAPA VALLEY RELAY RACE IS DIVIDED INTO 36 LEGS, IN WHICH 6 TO 12-MAN TEAMS ALTERNATELY RUN EACH LEG.

Jeffries, we all drove to the starting point in Crissy Field, San Francisco. Esin Zamora hit the road, and the clock started ticking.

I only wish I could tell you that everything went as planned, that runners and vans did not get lost, that none of us suffered any inju-

ries that prevented us from continuing our runs, that runners did not drop out due to leg cramps from over-exertion and exhaustion, but that was not the case.

But I could tell you that I have never seen a finer group of runners like this one. Their tenacity and competitiveness was overwhelmingly reassuring, that I knew we could pull this off.

The miles kept accumulating, and we passed many along the way. During one of my runs, I remembered being cheered by a group of people who screamed at the top of their lungs, "GO COAST GUARD!", and it was such a great feeling.

Many days later some of us got together to talk about those two memorable days. What a great adventure we all experienced. Some made an analogy of running to our Coast Guard careers, both of which require lots of training and hard work, if we want to get ahead. But without team work, we would not have completed the run and done so well, just like we need our shipmates in order to get the job done."

[Article Written by ET2 Kerson Perez, USCG TRACEN Petaluma Unit Health Promotion Coordinator, Cooper Institute Personal Fitness Trainer, and Distance Runner]

SAN FRANCISCO FLEET WEEK TRX COMPETITION

GOOD LUCK TO ALL THE TRACEN PETALUMA TRX TEAMS!



PERMANENT PARTY ALL-MALE TEAM
 BM2 HERNAN DELACRUZ - HS2 JOHN PECK - ET2 DANIEL RAMIREZ - HSI DANIEL TAYLOR

PERMANENT PARTY CO-ED TEAM
 ETC JOSEPH BALDUEZA - ITI NICHOLAS HERNANDEZ - ET1 JACK SETZER - HSI SUSAN GIBSON

A-SCHOOL STUDENT ALL-MALE TEAM
 SN IEVGEN STEPANCHUK - SN DEVAN MATTOX - FN CODY DALTON - SN DURAND WILLIAMS




SATURDAY, OCTOBER 6 FROM 1000-1200 AT MARINA GREEN

Weekend Sabotaging Your Weight Loss?

(Continued from page 4)

Take home message: If you choose to consume alcohol, do so wisely and be sure to factor it into your calorie consumption. Consuming alcohol, if you choose, can be part of a healthy eating and weight loss plan—when done in moderation and if the calories are accounted for. The 2010 Dietary Guidelines for Americans recommend up to one drink a day for women or two drinks a day for men—and no you can't save them all for a Saturday night. Remember one drink is equivalent to 12 ounces of beer, 5 ounces of wine, and 1.5 ounces of spirits.

It can be hard to change your weekend habits especially since so much of it can be part of your social environment. It will probably take some work and trial and error but you should try to set a goal to scale back on your weekend calories. Maybe cut back on the number of drinks you allow yourself or only go out one night and make different plans for the other night. Doing so might finally allow you to see the payoff from all of your hard work during the week.

[Article Written by Gina Cortese-Shipley, MS, Associate Director of Education, for The Cooper Institute]

2012 Intramural Flag Football Results



The 2012 Intramural Flag Football League had eight teams involved. The season was set up with two divisions of four teams and each team played a double round robin within their division. The top two teams from each division, then entered a single round play-off. Two student teams, ON SCENE and VICTORIOUS SECRET took first place in their division and CAMSPAC and MEAN

MACHINE took second.

The play-offs began with ON SCENE defeating MEAN MACHINE easily, 61-35 and VICTORIOUS SECRET handily downing CAMSPAC, 51-7. The Championship Game pitted both student teams against each other and VICTORIOUS SECRET, after a slow start, easily defeated ON SCENE, 52-19.

Online Health and Fitness Resources

TRACEN PETALUMA RESOURCES (INTRANET ONLY):

Health and Fitness Program

http://cgweb.tcpet.uscg.mil/Command/directives/docs/6100_2A.pdf

Weight Program Administration for Military Personnel

http://cgweb.tcpet.uscg.mil/Command/directives/docs/1020_8g.pdf

COAST GUARD RESOURCES:

Coast Guard Office of Worklife (CG-111)

<http://www.uscg.mil/hq/cg1/cg111/default.asp>

Coast Guard Weight Management Program (Mind & Body Program)

<http://www.mindbody.net/USCG/>

Coast Guard Health Promotion Manual

http://www.uscg.mil/directives/cim/6000-6999/CIM_6200_1A.pdf

Coast Guard Weight and Body Fat Standards Program Manual

http://www.uscg.mil/directives/cim/1000-1999/CIM_1020_8G.pdf

Weight Management Self-Help Guide

http://www.uscg.mil/hq/cg1/cg111/docs/CP_6200_3A.pdf

Coast Guard Running Club

<http://runuscg.org/>

OTHER MILITARY RESOURCES:

Military Tobacco Cessation Program

<http://www.ucanquit2.org/>

Military.com Fitness Center

<http://www.military.com/military-fitness/>

Military Fitness Daily PT Blog

<http://military-fitness.military.com/>

Navy Fitness, Sports and Deployed Forces Support

<http://www.navyfitness.org/>

OTHER GOVERNMENT AGENCY RESOURCES:

Center for Disease Control and Prevention: Healthy Living

<http://cdc.gov/healthyLiving/>

HealthierFeds

<http://www.healthierfeds.opm.gov/>

The President's Challenge

<http://www.presidentschallenge.org/>

U. S. Department of Agriculture's Choose MyPlate

<http://www.choosemyplate.gov>

PRIVATE SECTOR RESOURCES:

Spark People Diet and Nutrition

<http://www.sparkpeople.com>

Livestrong Diet and Nutrition

<http://www.livestrong.com/diet-and-nutrition/>

Combine 360 Challenge

<http://www.combine360.com>



Mind & Body[®] Program
US Coast Guard Weight Management Program

www.mindbody.net/USCG



USCG Training Center Petaluma
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599 Tomales Road
Petaluma, CA 94952-5000
Phone: 707-765-7349
Fax: 707-765-7657

Gym Hours of Operation:

Monday to Thursday 0530-2200
Friday 0530-2100
Saturday, Sunday & Holidays 0800-2000

Aquatic Sports Center Hours of Operation:

LAP SWIM

Monday to Friday 0530-0700
1000-1800

REC SWIM

Wednesday 1300-1545
Friday 1300-1800
Saturday & Sunday 1100-1500

MOMMY/DADDY & ME

Monday 1000-1045

MASTERS SWIM PROGRAM

Monday to Friday 1100-1230

AQUA FIT CLASS

Monday & Wednesday 1115-1215

YOUTH SWIM TEAM

Monday to Thursday 1600-1700

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Unit Health Promotion Coordinators:

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OSC Stephen Aragon
YN1 Ryan Bright
OS1 John Gardner
IT1 Neil Garrand
HS1 Susan Gibson
OS1 Kareem Harvey
ET1 Terrence Joseph
YN1 Eric Lowe
OS1 Patrick Madayag
FS1 Michael Marshall
FS1 Nicholas Mogan
IT1 Rick Paauew
OS1 Sean Pierce
ET1 Jason Rodriguez
ET1 Logan Rosenlund
SK1 Carenda Snyder
HS1 Daniel Taylor
SK2 Amber Adams
SK2 Thomas Holguin
OS2 Claude Nadal
ET2 Kerson Perez
ET2 Daniel Ramirez
ET2 Ronald Torres

Down-and-Dirty Fun at Two Rock MudMan Race



MUDMAN PARTICIPANTS WERE SUBJECTED TO SOME "MILITARY ENCOURAGEMENT" AS THEY TRAVERSED THROUGH THE LAST MUD PIT BEFORE THE FINISH LINE. TRACEN PETALUMA PLAYED HOST TO VINEMAN'S INAUGURAL MUDMAN RACE.

As Chelsey Brooks of Santa Rosa ran through drainage pipes, slogged through knee-deep mud and scrambled under low-slung nets, she wondered just how dirty was the dirt she immersed in.

"The mud was surprisingly clean," she said, grinning ear to ear after finishing Sunday's MudMan obstacle course-footrace, where the race was second to the wild, muddy fun.

The only parts of Brooks' body not covered in mud after she completed the 3.5-mile short course were her teeth.

"It was amazing," she said. "I'm going to sign up for another one as soon as I get home."

The race, staged at the Coast Guard Training Center at Two Rock, was the first one of its type put on by the team that puts on the annual Vineman triathlon series in Sonoma County. About 1,000 runners competed in a 6.1-mile, 3.5-mile or 1-mile children's course Sunday.

Catherine Dubay of Santa Rosa was the fastest finisher overall on the short course, while Andy Bunnell of Graton posted the top time in the longer race.

"I had a lot of anxiety about the obstacles, but they weren't as scary as I thought," Dubay said.

Racers were funneled up the steep climb dubbed "Texas Hill," after which they carried logs, dove into a soap-soaked slip-'n'-slide, toted tires while being sprayed by a hose, crawled under various nets, ran through a drainage pipe, danced over a balance beam, swung on monkey bars and dove into a massive mud pit, where they were forced to keep low by rows of flags strung across the murky water.

The final challenge? Enduring an onslaught of taunts and shouts from volunteers who stood alongside the pit and "encouraged" the participants to slog through a little faster.

"A straggler son is trying to catch his mom and sister," one announcer called out. "Dude, don't get dropped by your sister!"

Those who showed the most brass in their flop into the pit were rewarded with rousing cheers.

"That's how you get it done!" was shouted when one competitor did an enormous belly flop into the murk.

Volunteer Victor Giglietta wielded a hose just before the finishing stretch. His job? To spray runners with water as they slogged by carrying tires.

"Face the horror!" he grinned as racers ran by.

While some runners raced for speed, most of the racers cracked jokes, waited for friends to catch up and grinned through the whole ordeal.

Andrea Faivre of Windsor slid down the 20-yard slip-'n'-slide with such glee that her race number ripped off her shirt.

Steve Rahmn of Santa Rosa tore down the slide, then turned around and trudged back up the hill so he could do it again.

Tiffany Ehrmantraut of Rohnert Park registered her son, Connor, 13, and daughter, Bella, 10, so she figured she'd give it a go as well.

"I assumed there would be some mud," she said, smiling under the weight of a thick mud mask. "But I had no clue that I had to carry a tire and carry a log around."

[Article Written by Kerry Benefield, Staff Writer for The Press Democrat]