



Patience, passion push runners in annual race

Sidelines

By SHARILYN WELLS
PARAGLIDE

"I love to run, I love to challenge myself, and I love the camaraderie with my unit," Cozette Teasley said. "I'm 42 years old and I want to run until I'm 100."

Passion is what runners said was needed at the 14th Annual Joint Special Operations 10K run with a course filled with long, sandy, and muddy hills. More than 800 participants ran in the Special Operations Communicators Association sponsored 10K run and 5K walk held in the trails behind McKellar's Lodge, Nov. 10. This year's participants by far surpassed last year's attendance of 480 runners.

Jeffrey Glick was the overall winner with a time of 37 minutes and 35 seconds, followed a couple of minutes by Matthew Davis with a time of 39:43. The first female to cross the line, Nicole Smith, had a time of 44:09, followed closely behind by Sara Dudley with a time of 44:35.

The difficult course proved no match for Glenn Lane, an 81-year-old runner, who crossed the finish line in one hour, 20:31 seconds.

But Marc Hood agreed with others that the course was difficult on him.

"My favorite part was the finish line," he joked.

Rachel Thomas and Tom Reddy also agreed that the most challenging parts of the course were the up hills and both enjoyed the down hills to the finish line.

"The sand and the hills were rough," said Kourtney Wilson. "But



Photos by Sharilyn Wells/Paraglide

Runners take part in the Special Operations Communicators Association sponsored, 14th Annual Joint Special Operations 10K run and 5K walk held in the trails behind McKellar's Lodge, Nov. 10. The course brought servicemembers and their Families together for the annual run.

it was a beautiful trail and it was exciting not knowing what was around the corner."

For Issac Sims the run sounded like fun and a lot of his friends were running in the race so he decided to join them.

"The weather was good and it's for a good cause," said Sims. "It was a great course."

For Ivan Castro, an avid runner, the race was about his love of running and pushing himself to the limits.

"I'm with my unit, my friends and the course was a challenge — it was great," said Castro, a captain in the Special Forces. "This (special operations) is my Family and part of our community and this race is for a great cause."

This was Castro's second year running the race and he said he'd

be back for next year's race. With the help of his brother and his boss, Castro, a wounded Soldier who still serves on active-duty, was led down the winding, bumpy trail.

For Castro, the challenging course was just a little bit more difficult. An explosion of a mortar round cost him his eyesight while he was deployed in Iraq of 2006. But Castro proved, as he has since his injury, that challenges are worth the effort and has ran in numerous races and marathons.

"This definitely takes patience," smiled Castro. "But with one step at a time, you can make it. Who really needs the recognition are the women who pushed their children in strollers through this course, they're my heroes."



More than 800 participants ran in the Special Operations Communicators Association sponsored, 14th Annual Joint Special Operations 10K run and 5K walk held in the trails behind McKellar's Lodge, Nov. 10. The challenging course was filled with long, sandy, muddy hills.

Golfer strikes silver, wins third at golf championship

By TINA RAY
PARAGLIDE

Shawn Whitmore first picked up a golf club at age 16.

It did not take him long to find out that he was a natural, said the Virginia native who is assigned to the 122nd Aviation Support Battalion of the 82nd Airborne Division.

Twenty-years later, Whitmore has earned the hardware to prove that he is a natural. In October, he competed for the All-Army Golf team tryouts at Fort Lee, Va., and finished tied for third. Whitmore advanced to competition in the All-Armed Forces National Tournament at Langley Air Force Base, Va., where the All-Army teams won silver.

Recovering from recent shoulder wounds, Whitmore said that he is the first Warrior Transition Battalion Soldier to qualify for the All-Army team and compete for the All-Armed Forces National Championship.

Though the Army finished behind the All-Air Force team, Whitmore scored a high of 334.

Being a member of the 82nd Abn. Div. garnered a lot of attention at the national tournament, where he said, other competitors checked out his maroon beret and shiny jump boots.

"Just being selected from this organization and being able to represent this organization, that to me, in itself, was an accomplishment," said Whitmore. "It's a lot of pride and a lot of history."

Because Whitmore's father was



Contributed photo

Shawn Whitmore participates in day one of the Armed Forces Golf Championship at Langley Air Force Base, Va., in October. Whitmore scored a high of 334 and helped the Army team secure a silver medal.

an 82nd Abn. Soldier, he grew up knowing that he wanted to join the division, in spite of sometimes considering work as a golf instructor.

"Teaching golf and raising a Family doesn't go hand-in-hand," said Whitmore who joined the Army because of its benefits and job security.

Whitmore has continued to play golf in the evenings after work and primarily on weekends. In the early days of learning the game, he would hit as many as 1,000 golf balls a day, he said. He transferred the skills he

acquired as a young baseball player to his golfing game and worked hard to sharpen those skills.

"I was dedicated. I make it work," he said.

According to Whitmore, there were 70 applicants for the Army tryouts. He qualified by keeping his score in the low 70s. His swing, he said, averages about 117 miles per hour.

Whitmore remains committed to golf, often using it as a form of rehabilitation from bicep tears and four surgeries undergone within

the past year. The game is a stress reliever that helps him to stay mentally focused.

"Golf was an added incentive that actually helped with my recovery," Whitmore said. "But, my longevity in the Army is what drove me."

There is the definite possibility of returning to competition in next year's All-Armed Forces National Tournament.

"It was awesome being up there, representing the 82nd (Airborne Division)," said Whitmore. "I had an amazing time."

Patriot run: The third annual Patriot Run will be held Saturday in Greenville, N.C. The Patriot Run is a 5-mile run/1-mile fun run that winds through one of Greenville's most picturesque neighborhoods.

Proceeds from this year's race will be donated to Fort Bragg's Survivor Outreach Services.

Family members of fallen Soldiers can run for free.

Registration can be completed at www.patriotrun.com.

For more information, contact East Carolina University's Army ROTC Pirate Battalion office, at (252) 328-6153 or send e-mail to goldbar@ecu.edu.

Intramural basketball: The Fort Bragg Intramural Sports Unit Level Basketball Program will begin play Nov. 29.

The program is open to active-duty military personnel assigned or attached to Fort Bragg.

Registration is currently ongoing. Entry forms are available at all fitness centers and entries must be submitted to the sports office, Building 4-1567, Reilly Street.

Online registration is also available at www.fortbraggmwr.com.

In addition to submitting a team entry form, units must also submit a team roster signed by their unit commander. To be included on the initial schedule of games, units must register by Friday.

For more information, contact the sports office at 396-1218.

Archery club: Rockfish Bowhunters Archery Club will be sponsoring a fundraiser for PatriotHunts, a nonprofit organization which provides hunting opportunities for wounded Soldiers and their Families.

Golf tournament: The Tough Turkey Shoot will take place Saturday, at 10 a.m., at Stryker Golf Course.

Cost is \$35 for members and \$45 for non-members.

Entry fee includes cart and green fee, a free ham or turkey, lunch and gift certificates.

Paying the entry fee also guarantees participation in the closest-to-the-pin competition on each par 3, one long drive for the men and for the women, as well as free range balls prior to start.

There will be a two-person, captain's scramble.

For more information, call 396-3980 or visit www.fortbraggmwr.com.

Gym closed: Ritz-Epps Physical Fitness Center will be closed through Sunday in support of the 2010 Yule Mart Craft Fair that is being held at the facility, located at Building C-7215 Champion Main Street.

Ritz-Epps PFC will reopen for normal business at 5 a.m., Monday.

See Sidelines, page 2D