



WING SPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 28 • JULY 19, 2013

A photograph of an Airman in camouflage uniform kneeling on a concrete surface. He is wearing a camouflage cap and glasses. He is holding a white mesh strainer over a white bucket, filtering mosquito samples. The background shows a chain-link fence and a building with an American flag.

Airman analyzes mosquito samples

What does it mean to be a good wingman?

By Airman 1st Class Kia Atkins
35th Fighter Wing Public Affairs

Sitting next to my first sergeant in a hospital waiting room while Urgent Care Center staff took care of my friend was not where I expected to be at 5 a.m. on a Sunday morning.



Will you be there when
your wingman needs you?

“To me, I think being a good wingman means having to make tough decisions to help out a friend who is in need.”

As I recalled the story of the previous night, nothing really seemed out of the ordinary. It was a Saturday night and my friend and I decided to go downtown for a drink or two. We were having a fun night, so time flew by. Before I knew it we were headed back to base to make curfew.

That night wasn't like other nights though – this time it ended up with me having to make a life or death decision.

I didn't think of the consequences or the repercussions, I just knew that we needed help. I knew my friend had alcohol poisoning, so I called 911.

I felt so guilty. I felt like the worst person in the world. Why wasn't I paying attention to how much she drank? How did I not notice this before things got to that point?

It wasn't until I talked to my first sergeant that I realized it was beyond my control. She told me that some Airmen in situations like that

would've just left their friend there because they were scared of getting in trouble. I could never imagine leaving her there, she was my best friend and I was her wingman.

Even though I feared she would hate me for making that call, I knew it had to be done. They told me that if I hadn't gotten her help, she could've died. So to me, I think being a good wingman means having to make tough decisions to help out a friend who is in need.

I knew that night that I'd rather have her hate me for making that decision than to have to live with the knowledge that I let her die. Thankfully, my friend didn't blame me at all for the situation; she just thanked me for being there for her.

Being in a situation like that made me think about what being a good wingman meant to me.

What does being a good wingman mean to you?

ON THE COVER

Senior Airman Shannon Anderson, 359th Aerospace Medicine Squadron public health technician, collects mosquitoes July 11 at the Joint Base San Antonio-Randolph Child Development Center. Once collected, the mosquitoes are tested for West Nile virus.

Photo by Rich McFadden

WINGSPREAD

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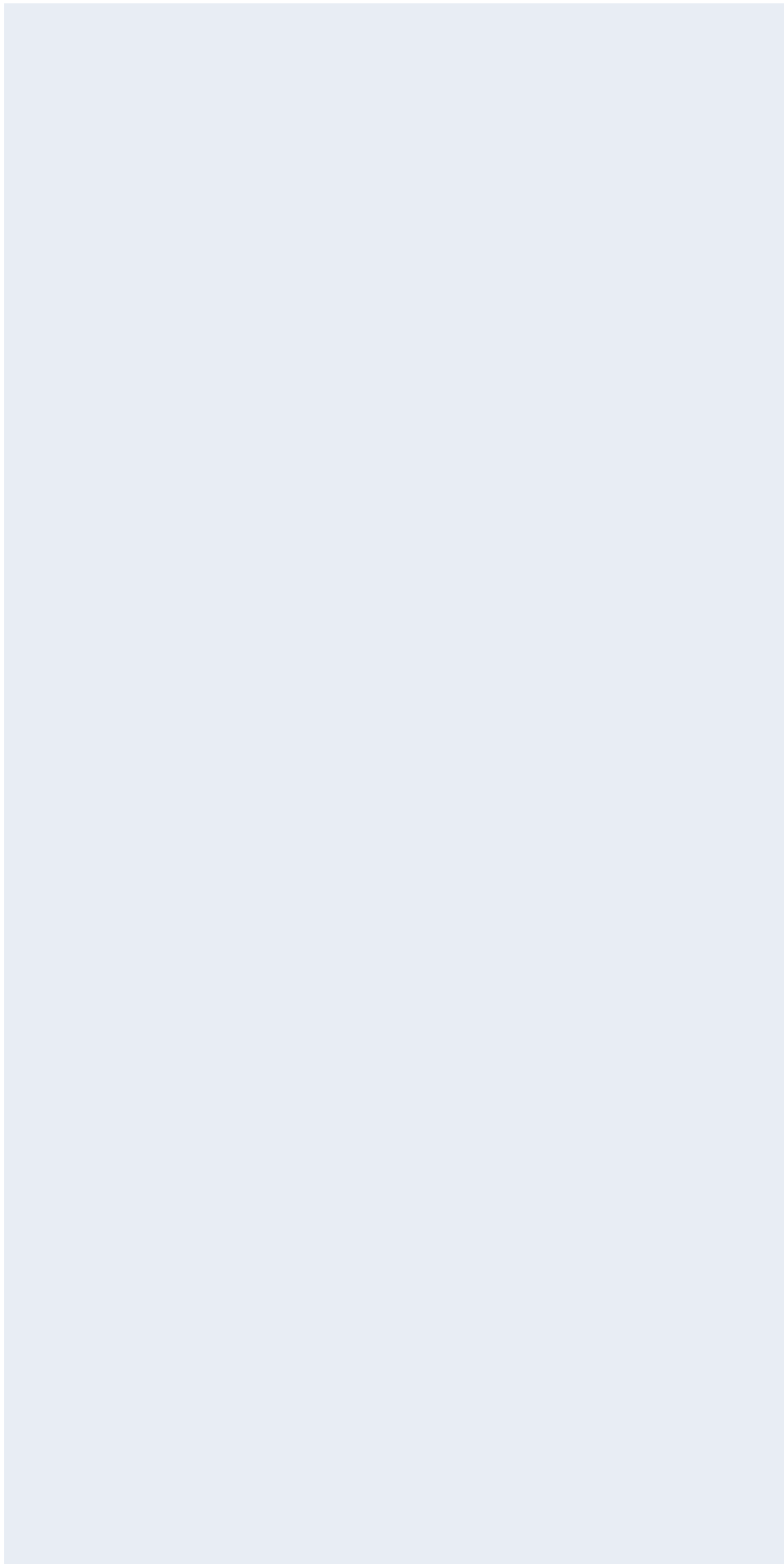
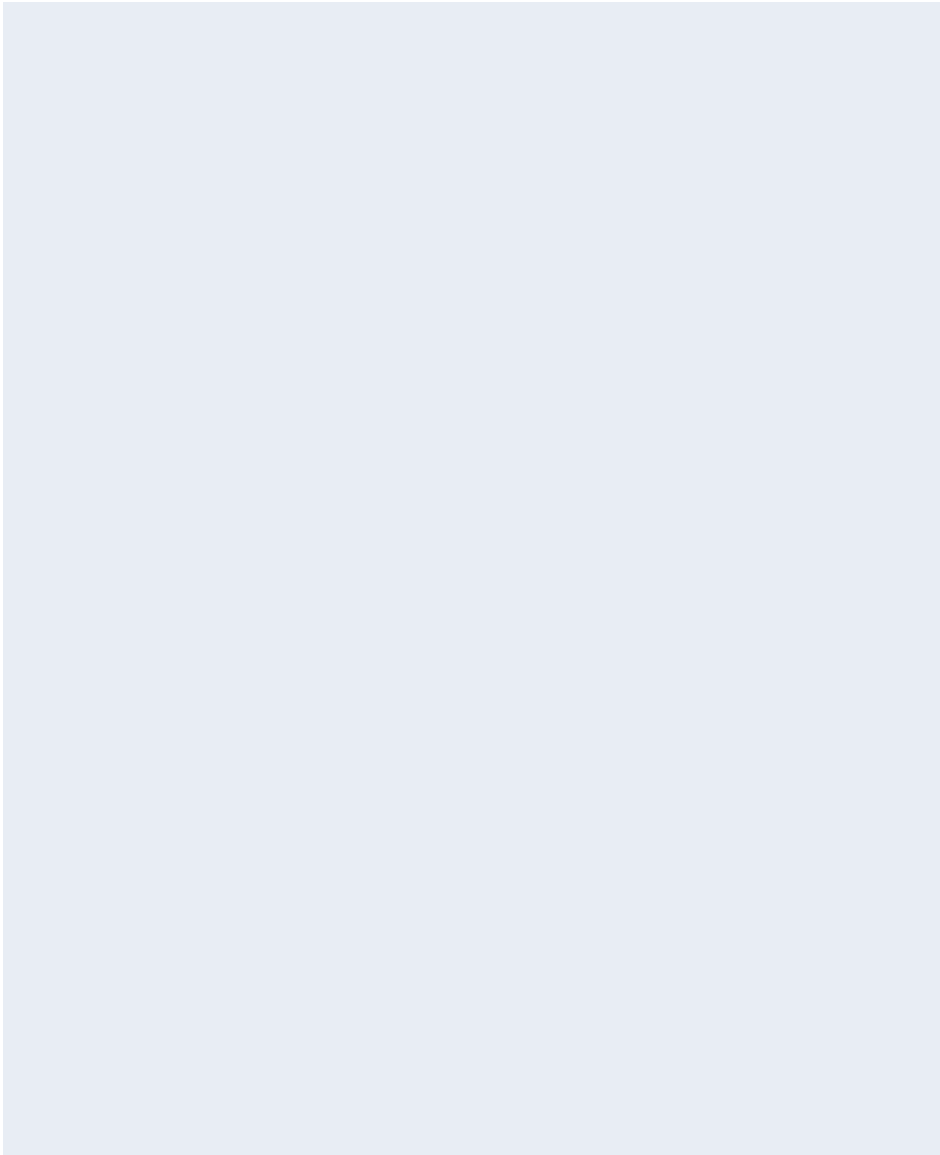
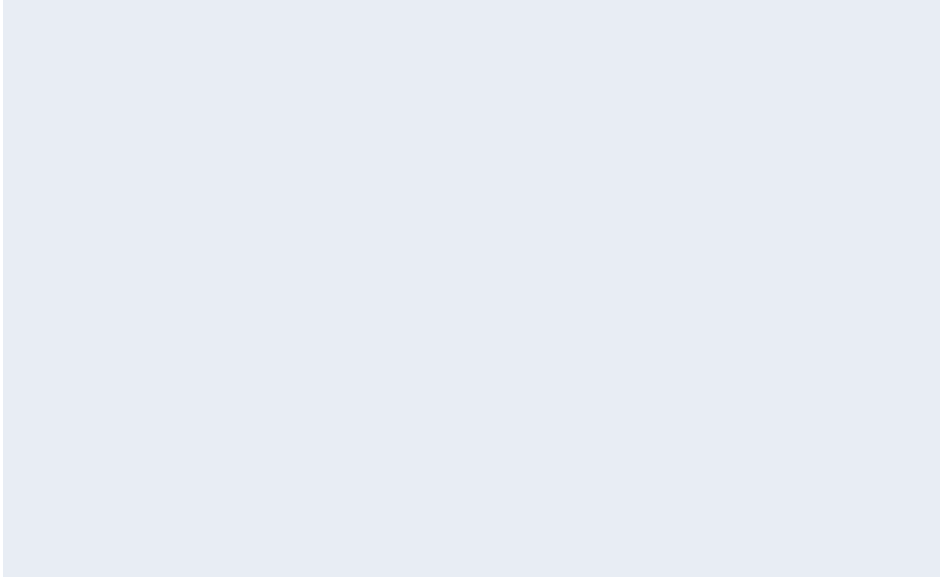
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NEWS

New commander shares 'game plan' for JBSA

By Airman 1st Class Lincoln Korver
Joint Base San Antonio-Randolph
Public Affairs



Though some commanders would have lost a bit of optimism when faced with sequestration, civilian furloughs and a real-world active shooter incident that occurred on Joint Base San Antonio-Fort Sam Houston on the eighth day of his new assignment, Brig. Gen. Bob LaBrutta, JBSA and 502nd Air Base Wing commander, is "completely honored and excited to have this opportunity to serve."

As a former 37th Mission Support Group commander at what was then Lackland Air Force Base (presently JB-SA-Lackland), LaBrutta helped develop the "game plan" and was in the initial construct meetings for what would be JBSA, the largest joint base in the Department of Defense.

"I knew this job was going to be big and complex because I was part of the team that formulated how JBSA would work," LaBrutta said. "However, I didn't know the magnitude and scope of responsibility that I'd really have until I

got here and sat in the seat."

As the JBSA and 502nd ABW commander, LaBrutta is responsible for supporting all missions within JBSA, which encompasses four primary locations, more than 200 mission partners and 80,000 employees.

Despite fiscal constraints, LaBrutta said he looks forward to working with the outstanding professionals who are making the mission happen throughout JBSA.

The best perspective comes from having "boots on the ground," LaBrutta said.

"I need to make sure I get to each of the JBSA locations and understand the work forces' perspective so that I can provide them with the tools, equipment and resources they need to be successful," he said.

LaBrutta said he believes that JBSA can be "the lead" for all joint bases.

"I am aware there are skeptics regarding joint basing," he said. "My job is to find the problems and disconnects that are occurring, then figure out solutions that will make joint basing as effective at delivering installa-



Photo by Leslie Shively

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, said he looks forward to working with the professionals across JBSA.

tion support to our mission partners as possible. I firmly believe that if we can propel the 502nd Air Base Wing and Joint Base San Antonio into being more successful, then the other 11 joint bases will learn from our efforts and improve as well."

Along with streamlining processes and providing installation support,

LaBrutta is dedicated to making sure all 502nd ABW and JBSA members are prepared for every situation.

Referring to the real-world active shooter incident June 10 at JBSA-Fort Sam Houston, LaBrutta said, "It was a real eye opener."

"However, our intense Exercise and Training programs prepare us to respond," he said. "This is the lifeblood of what we do in the military. We exercise and train so that we are ready to fight."

Even though LaBrutta had taken command for only a few days before the shooting, he said that he had total trust in the team who, together with their San Antonio Police Department partners, made great calls and appropriate response decisions that led to the quick apprehension of the suspect and proactive medical treatment for the victim.

"In my other wing and group command jobs, I had never dealt with a real-world active shooter, and it was certainly a different experience," he said. "Now that we have this incident

See **COMMANDER P5**

JBSA Stage 3 water restrictions in effect; conservation critical

By Steve Elliott
Joint Base San Antonio-Fort Sam Houston Public Affairs

The Bexar County index well J-17 – the official well for recording groundwater elevations in the San Antonio Pool of the Edwards Aquifer – fell to 640.2 feet mean sea level as of Monday.

This was the trigger that sent all three Joint Base San Antonio locations into Stage 3 water restrictions.

The J-17 well is actually housed in a nondescript building on Fort Sam Houston, just off Harry Wurzbach and near the Fort Sam Houston National Cemetery. It serves as the official well for recording groundwater elevations in the San Antonio Pool of the Edwards Aquifer, according to the Edwards Aquifer Authority website (<http://www.edwardsaquifer.org>).

J-17 is the most cited and recognized in a network of observation wells maintained by the Edwards Aquifer Authority to monitor aquifer conditions in Uvalde, Medina, Bexar, Comal and Hays counties. Water level readings at J-17 are continuously recorded and monitored by the Edwards Aquifer Authority, the website stated.

The JBSA base civil engineer declared Stage III in accordance with the current JBSA Drought Management

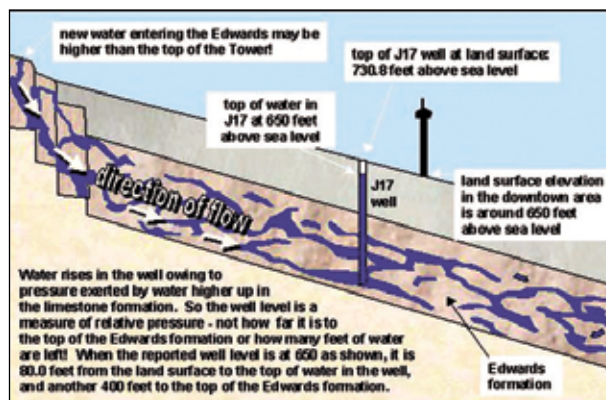


Illustration courtesy Edwards Aquifer Authority

Plan and Biological Opinion issued by the U.S. Fish and Wildlife Service.

The Biological Opinion limits JBSA's water draw from the Edward's Aquifer in order to protect eight endangered species which live in the aquifer and its associated springs. These species can only survive when aquifer levels and spring flows are adequately maintained.

The changes facing homeowners off base and residents of on-base housing from Stage 2 are substantial.

"All the Stage 2 restrictions are still in place. In addition, irrigation is now once every other week with watering times from 3 to 8 a.m. and 8 to 10 p.m.," said Aaron Farmer, 502nd Civil Engineer Squadron. "This will be done with an irrigation system, sprinkler or soaker hose, and only on your designated watering day.

In Stage 3, the watering days are:

- Address/facility number ends in 0 or 1, Monday is the watering day;
- Address/facility number ends in 2 or 3, Tuesday is the watering day;
- Address/facility number ends in 4 or 5, Wednesday is the watering day;
- Address/facility number ends in 6 or 7, Thursday is the watering day;
- Address/facility number ends in 8 or 9, Friday is the watering day.

"Use of portable yard pools is prohibited, as well as fire hydrant and sewer flushing," Farmer added. "Government-operated vehicles are allowed to be washed once per month and no new planting is allowed."

Additionally, there will be no watering on weekends with a sprinkler, soaker hose or irrigation system.

See **WATER P5**

COMMANDER from P4

under our belts, we hope that it doesn't ever happen again, but it's actually reassuring to know that we are prepared if it does."

LaBrutta, while recognizing there will likely be a few bumps in the road, says he feels ready for this assignment.

"I am very fortunate, lucky, privileged and honored to be able to command again," he said.

"I know the challenges are significant, so we're just going to have to do things differently than we have in the past," LaBrutta said. "Because of the fiscal constraints, we'll have to be more creative, find alternative approaches to getting the job done and focus our limited resources on our highest priorities. The bottom line is that although we may have to do less, we are not going to execute our mission less well."

LaBrutta, who is an outspoken advocate of the Air Force core values, says all uniformed and civilian members, regardless of service, should know they are leaders and should never lose the sense of pride they felt when they first raised their

hand and swore to serve and support their nation.

"My definition of a leader is not rank," LaBrutta, a prior-enlisted Airman, said. "I believe a leader is a person who regardless of pay grade or position is someone I want to follow willingly because they are passionate about their mission and people, and because they understand how critically important the mission is for our nation. Whatever level you're at in an organization, you're a leader and you can make a powerful, positive difference."

Determined to never stray from his definition of a leader, LaBrutta says he will always treat everyone with dignity and respect.

"I'm not the type to say 'I will give 110 percent,' because all I have is 100," he said, "but I can guarantee that I'm going to give every bit of that 100 percent every single day. I love what I do and I feel grateful to be serving in this capacity. I hope to bring a positive impact from a leadership perspective – encouraging and inspiring others to join me in executing this great installation support mission we have."

WATER from P4

According to the SAWS website (<http://www.saws.org/conservation/drought-restrictions/StageThree.cfm>), use of fountains, waterfalls, or other aesthetic water features – outdoors or indoors – is prohibited, unless a variance has been granted for 100 percent non-potable water use.

Watering rules must be strictly adhered to and people found in violation of these measures will be held accountable, Farmer stressed. The Joint Base San Antonio Drought Management Plan is on the 502nd Air Base Wing website at <http://www.jbsa.af.mil/shared/media/document/AFD-120516-024.pdf>.

"JBSA personnel should not confuse the JBSA water restrictions with the SAWS restriction levels," Farmer stressed. "The JBSA water restrictions are more stringent and begin sooner than SAWS restrictions."

"JBSA Stage IV of water restrictions will occur when the J-17 level reaches 640.5 feet," Farmer added. "As we get into these more severe stages, we'll need everyone's help to conserve."

JBSA is currently in consultation with the U.S. Fish and Wildlife Service to make updates to the Biological Opinion and JBSA Drought Management Plan. The updated documents will better align with the surrounding community's

trigger levels and drought management plans to reduce confusion and provide unity of effort across the region.

The JBSA Hotline Conservation Hotline at 466-4H2O (466-4426) allows for reporting of water abusers and will bring potential disciplinary measures to violators, Farmer said.

This water point of contact will respond to calls, investigate, annotate abuse and inform the resident, facility manager or responsible individual of the problem, Farmer said. The POCs will then report the problem to the 502nd ABW, with further action coordinated from this point.

For people who live off base, SAWS has an online form to report water wasters at <http://www.saws.org/conservation/water-waste/reportform.cfm>. These offenses can lead to citations and fines for homeowners and businesses not following the rules.

To report off-base water and sewer emergencies, including main breaks, any time of day or night, call 704-SAWS (7297) for an immediate response.

For more water-saving tips, check out these websites: <http://www.WaterUseIt-Wisely.com> (111 ways to conserve), <http://www.EPA.gov> and <http://SAWS.org> (more information on water conservation).

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Joint Base San Antonio-Randolph News Briefs

Commissaries implement furlough days

Most military commissaries, including all Joint Base San Antonio commissaries, will be closed Mondays. The closures will be up to 11 days now through Sept. 30.

Enrichment program

The JBSA-Randolph Child Development Center offers a part day enrichment program for children ages 3-5. This program exposes children to the things they will encounter in preschool, such as group settings, colors, numbers, shapes, following directions, waiting your turn and sharing space. This program starts Sept. 9 and registration begins July 30 with three- or four-hour sessions, five days a week. For more information, call 652-1140.

Free baseball tickets for JBSA members

All JBSA locations offer complimentary tickets to watch the San Antonio Missions play against the Corpus Christi Hooks July 31 and the Frisco Rough Riders Aug. 31. All games start at 7:05 p.m. Tickets can be picked up at the ticket office in the JBSA-Fort Sam Houston Community Center, ITT in JBSA-Lackland's Arnold Hall and ITT in the JBSA-Randolph Community Services Mall. For more information, call 808-1378 at Fort Sam Houston, 671-3133 at Lackland and 652-5142, option 1 at Randolph.

Time management class

The JBSA-Randolph Health and Wellness Center offers a "Time Management" class noon-2 p.m. Thursday. Participants will learn to prioritize and balance all facets of life. For more information, call 652-2448.

Discount tickets

The ticket office in the JBSA-Fort Sam Houston Community Center, ITT in JBSA-Lackland's Arnold Hall and ITT in the JBSA-Randolph Community Services Mall offer discounted local theme park tickets for Schlitterbahn Waterparks, Six Flags Fiesta Texas, SeaWorld and Splashtown. For more information, call 808-1378 at Fort Sam Houston, 671-3133 at Lackland and 652-5142, option 1 at Randolph.

WHASC Urgent Care Center appointments

An appointment-based system is now in affect at Wilford Hall Ambulatory Surgical Center's Urgent Care Center. The new system allows patients to pinpoint the time they would like to be seen at the UCC for acute and non-emergency treatment. To make an appointment, patients should call the Consult and Appointment Management Office at 916-9900.

To submit a brief for publication in the Wingspread, email complete information to randolphpublicaffairs@us.af.mil.

School age program registration scheduled next week

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Registration is scheduled next week for Joint Base San Antonio-Randolph Youth Programs' before- and after-school programs.

Access to the programs is determined by a six-tier priority system ranging from Priority 1 – the children of single or dual active-duty members assigned to Randolph – to Priorities 5 and 6 – children of active-duty military with employed spouses and Department of Defense civilians not assigned to Randolph, and all other eligible patrons.

Monday, the first day of registration, is reserved for Priority 1 applicants, while Tuesday, the second day, is for Priority 2 applicants – the children of active-duty military or Department of Defense civilians with an employed spouse assigned to Randolph. The remaining three days are assigned to Priority 3, 4, 5 and 6 applicants if space is available.

Parents have the option to register their children for the before- or after-school program, or for both programs; the sliding fee structure is based on family income.

The before- and after-school programs, also known as the school age program,

“We do a lot of life skills activities. We are actually teaching things like cooking, painting and other skills.”



Chris Kiser

Randolph Youth Programs School Age coordinator

“provide a safe, fun environment for children where they can spend time with their peers,” Andrea Black, Randolph Youth Programs coordinator, said.

“Children in the program are assigned to a group of 12 youth and one staff member,” she said. “They can make choices according to activities that are being offered and move around within the program.”

One of the components of the program is learning life skills, Chris Kiser, Randolph Youth Programs School Age coordinator, said.

“We do a lot of life skills activities,” he said. “We are actually teaching things like cooking, painting and other skills.”

Black said many activities are “based on what the children want.

“We facilitate whatever their interests are,” she said. “The kids are creative and come up with their own ideas.”

Children enrolled in the school age program also have access to guitar, dance, gymnastics, piano and other lessons and classes offered by youth programs; those who are 9 years old and above may also join 4-H, Torch, Keystone and other clubs that are available.

The program is accredited through the Council on Accreditation, Black said. The council, an international nonprofit child- and family-service and behavioral health care accrediting organization, accredits more than 2,000 private and public organizations.

She said the program adheres to the council's standards, which include human relationships; indoor and outdoor environment; safety, health and nutrition; and administration.

Registration paperwork is available online at <http://www.randolphfss.com> or can be picked up at the youth programs front office, building 584.

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Photo by Benjamin Faske

Jonatahn Clifton, 902nd Force Support Squadron park manager, drives a ski boat back to the marina April 8 at Joint Base San Antonio Recreation Park at Canyon Lake.

CDOS campaign highlights boating safety

By Airman 1st Class Alexandria Slade
Joint Base San Antonio-Randolph Public Affairs

Highlighted in this year's Critical Days of Summer campaign, safe boating depends on preparation and following common rules.

Boating activities involve anything using a watercraft, to include kayaking, fishing, knee boarding and jet skiing, Marvin Joyce, 502nd Air Base Wing safety and occupational health specialist, said.

Dangers associated with boating include inclement weather, navigational problems, collisions and drowning, Staff Sgt. Gary Lund, 502nd ABW ground safety technician, said.

In order to avoid small mistakes that could cost lives, "make a plan," Joyce said. "It's always important to let someone know where you will be."

"Make sure you get training and have a good first aid kit on the boat," he said. "Whether you are on a motorized or nonmotorized boat, it's recommended that everybody takes a boater's safety course."

Other essential safety items include life jackets, lights, horns or bells, maps, drinking water, sun-

"Make sure you get training and have a good first aid kit on the boat. Whether you are on a motorized or nonmotorized boat, it's recommended that everybody takes a boater's safety course."

Marvin Joyce

502nd Air Base Wing safety and occupational health specialist

glasses, hats and sunscreen, Lund said.

To maintain safety, alcohol should always be avoided during water activities.

While boating, people are usually exposed to a lot of wind and sun, contributing to the risk of dehydration, Joyce said. A small amount of alcohol can be a dangerous addition to these factors.

With or without alcohol, there are times for when it is less safe to go boating; there is also a limit to how long the human body can handle the recreational stresses of boating.

It takes three to nine hours on the water to tire most people, so make sure to plan outings accordingly, Lund said.

Despite how careful one might be, accidents still can happen, he said.

If involved in a boating accident, the first priority is to call 911 to get in contact with emergency personnel, such as harbor police or the Coast Guard, Lund said. Once ashore, the process is similar to an automobile accident; insurance companies need to be contacted and the first sergeant of the member's unit should be notified of the situation.

For more information on needed supplies, boating laws and boating qualification sources, visit <http://www.tpwd.state.tx.us/fishboat/boat>, <http://www.boaterexam.com/usa/texas>, and <http://checklist.com/boating-checklist/>.

White-tailed deer stand drawing coming up at JBSA-Camp Bullis

By Steve Elliott

JBSA-Fort Sam Houston Public Affairs

The annual white-tailed deer stand drawing at Joint Base San Antonio-Camp Bullis is scheduled for 9 a.m. Aug. 3 at the Air Force Reserve Command drill hall, Building 5044.

"This is a single consolidated archery and rifle drawing," said Bryan Hummel, a natural resource technician with the 502nd Civil Engineer Squadron. "Anyone interested in hunting white-tailed deer must be present on this drawing date to assign individual hunting areas."

Individuals will be issued a unique identification number between 8 to 8:45 a.m. Those who don't have a ticket by 8:45 a.m. will not be allowed to participate in the drawing. The natural resource manager will keep the official time.

"In the event of inclement weather or training priority, the drawing will still continue, rain or shine," Hummel said. "An alternate building location will be determined based on availability at that time."

To hunt at JBSA-Camp Bullis, a person needs to have a valid Department of Defense identification card, a hunter's education certificate, a valid Texas hunting license and a JBSA-Camp Bullis annual permit and activity card.

Texas Parks and Wildlife offers bow and gun

hunter's education courses. For class schedules and locations, check their website at <http://www.tpwd.state.tx.us/outdoorlearning/hunter-education> or call 800-799-1112 or 512-389-4800.

Individuals may draw for no more than one hunting stand location per year. Youth hunters between 12 and 16 years of age may draw for their own individual stand at their parent or legal guardian's discretion. All youth hunters under 12 years of age will hunt from their parent or legal guardian's stand.

In the event a hunter cannot attend, they may designate a proxy to select their location, providing that the proxy has the proper identification.

Once an individual stand is assigned, it remains that individual's for the entire white-tailed deer season unless they voluntarily turn it in or if it is forfeited due to a violation.

Hunters drawn for a gun or archery stand must purchase their permit no later than Sept. 1. Any stand not paid for by this date will be offered to persons on the standby list starting Sept. 2.

"If a stand is offered to a standby hunter they will have 21 days from the notification date to pay or that stand will be offered to the next person on the list," Hummel added.

Additional information on this and other hunting opportunities can be found in the complete hunting guide available by contacting the

Outdoor Recreation Center at 295-7577.

The Armed Forces Reserve Center is located building number 5044. Parking will be in the "G" designated parking lot immediately in front of the building. Hunters can enter through the main entrance facing the parking lot and follow the signs to the drill hall.

Numbers will be drawn in random order until all stands are issued. As an individual's number is drawn, they will choose from the remaining stands identified on a single map.

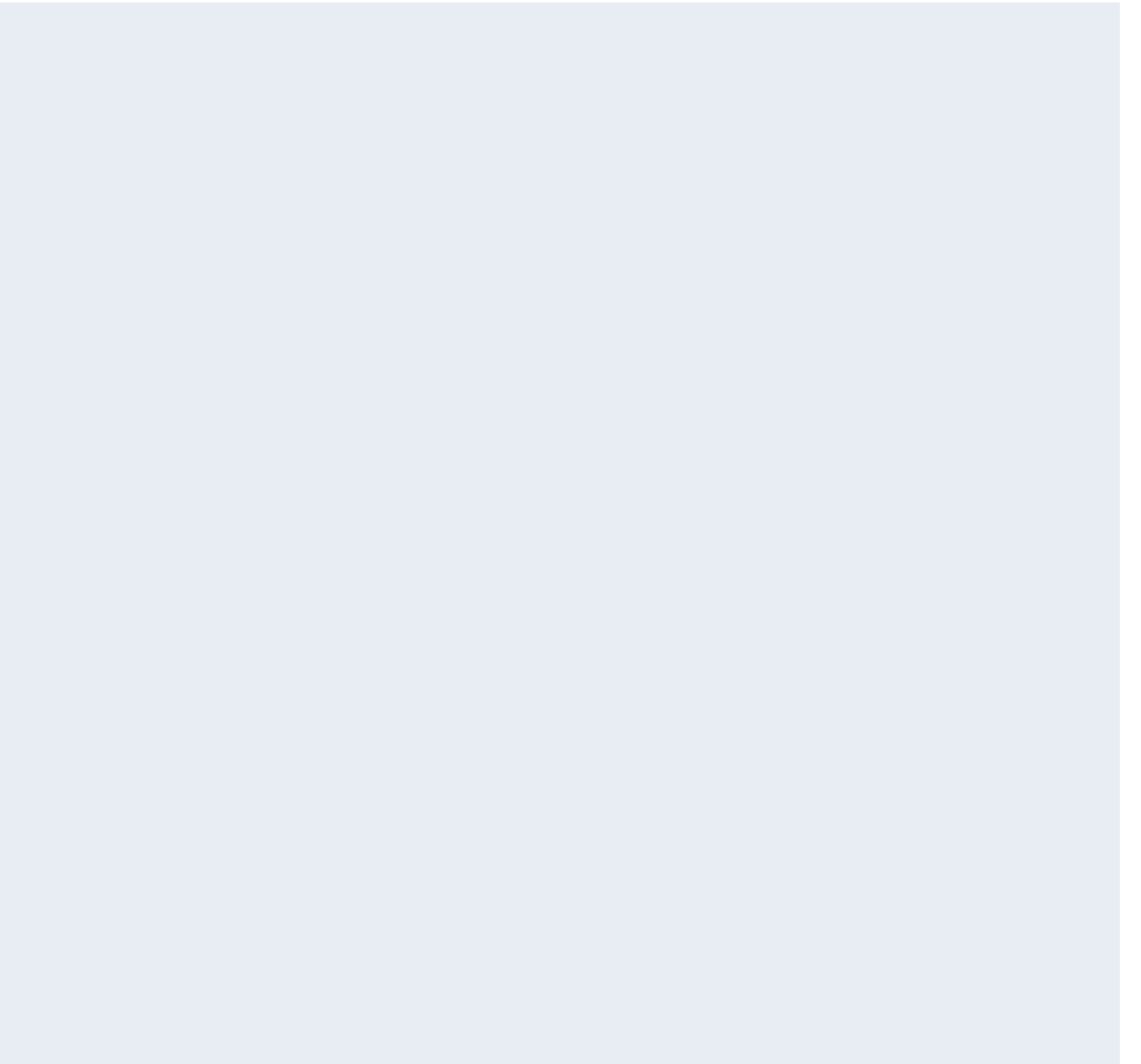
Individuals can choose either a rifle or an archery stand from the ones available, but may only hunt with the weapon type for the stand selected. There is no archery hunting in rifle designated areas or vice versa.

If more than 218 individuals are present, an additional 25 numbers will be drawn to determine a standby order in the event a stand goes unclaimed or becomes available later in the season.

In the event there are more than 25 unclaimed stands, they will then be offered on a first-come, first-serve basis until all are filled.

Permits will not be sold on the day of annual drawing, but they will be sold during the dates and timeframes identified previously in the hunting guide. Hunters drawing for a gun or archery stand must purchase their permit no later than Sept. 1.





Joint Base San Antonio-Randolph

Sports BRIEFS

Half marathon

The JBSA-Randolph Rambler Fitness Center hosts a half marathon 6:30 a.m. Saturday at Eberle Park. For more information, call 652-7263.

Fall sports registration

The JBSA-Randolph Youth Programs registration for fall sports takes place through Aug. 16. All youth must have a current annual physical and sports registration form on file. The cost is \$45 per child and includes flag football for ages 5 and older, volleyball for ages 9 and older and cheerleading for ages 5 and older. For details, call 652-3298 or 652-2088.

Rambler 120 teams

Joint Base San Antonio's premiere adventure race, the Rambler 120, takes place Oct. 5 and participants can register now through Sept. 20. Entry forms are available at the JBSA-Randolph Rambler Fitness Center, building 999, and the Community Services Mall, building 895. Participants can also print a registration packet, which is available online at <http://www.randolphfss.com>. For more information, call 267-7358.

Swimming fees

All swimming pools throughout Joint Base San Antonio have implemented swimming fees, except for lap swimming and training. For more information, call 652-3702.

SPORTS - HEALTH - FITNESS

Teams, volunteers needed for Rambler 120 Team Challenge

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

As the annual Rambler 120 Team Challenge approaches its eighth year of putting participants through their paces in a 22-mile bike ride, 6-mile run, 2-mile rafting trip and a mystery event Oct. 5 at Joint Base San Antonio Recreation Park at Canyon Lake, teams are encouraged to register for the competition early and start practicing.

"Cost increases have forced us to raise the registration fees," Steve Knechtel, JBSA-Randolph community programs manager, said. "However, this doesn't take effect until Aug. 24. Signing up before that date locks in last year's lower fees."

Early bird fees are \$100 for four-person "Xtreme" teams and \$150 for five- to eight-person relay teams. After Aug. 24, Xtreme teams must pay \$120 and relay teams \$180. The last day to sign up is Sept. 20.

Teams, which are all-male, all-female or

coed, can earn first-, second- or third-place awards based on their category and type.

In 2012, 35 teams contended in the Rambler 120; this year, Knechtel said his goal is to have 50 teams.

"During the first six years, eligibility was limited to Department of Defense ID card-holders such as active duty, family members, retirees and DoD civilians," Knechtel said. "For the second year in a row, we're expanding eligibility to include any federal government agencies."

"Last year we had teams from Homeland Security, the Navy and ROTC."

Also for the second year, children ages 5-12 can register for the Iron Kid, a youth biathlon event happening on the same morning of the Rambler 120. The fee is \$8 and registration includes a commemorative T-shirt, barbecue lunch and awards.

The advantage of assembling a team early is getting a head start with practice, which means "if you can handle 100-degree weather in July and August, your

"For the second year in a row, we're expanding eligibility to include any federal government agencies. Last year we had teams from Homeland Security, the Navy and ROTC."

Steve Knechtel

JBSA-Randolph community programs manager

team should be confident to compete in October."

Practicing early is also a chance for teams to get everyone on the same pace, especially when biking and rafting, Maj. Peter Springirth, 433rd Logistics Readiness Squadron operations officer, who's competed in the Rambler 120 twice, said.

His team came in first place in the coed relay division in 2012.

"Some teams are really competitive while others are not," he said. "But the Rambler experience is however hard you want it to be; if you find people with similar skill levels, it makes competing more enjoyable (since teams must cross the finish line together)."

Eighty to 100 helpers across JBSA are needed to support the community event, "so if you don't compete but want to be part of it, you can select a specific activity or task as a volunteer and work various two- to four-hour shifts," Knechtel said.

Volunteers receive a free lunch and a T-shirt.

Minors ages 16 and 17 can join a team with a parent or guardian. One non-federal employee is permitted per team.

To download entry forms, visit www.randolphfss.com or pick them up at the JBSA-Randolph Community Services Mall, building 895, or at the Rambler Fitness Center, building 999.

For more information, call Steve Knechtel at 267-7358 or email him at stephen.knechtel.1@us.af.mil.



Photo by Melissa Peterson

From left: Kimberly Felty, Johanna House, Carolina Marin Soto and Jennifer Mitchell, members of extreme team Road Divas, compete in the 2-mile rafting event during the Rambler 120 Oct. 20, 2012, at Joint Base San Antonio Recreation Park at Canyon Lake.



Rambler Fitness Center invites families to friendly competition Tuesday

By Alex Salinas
Joint Base San Antonio-Randolph
Public Affairs



Families looking for a Tuesday night activity are invited to Family Fitness Night, an event hosted by the Joint Base San Antonio-Randolph Rambler Fitness Center to test their skills in multiple competitions, 7-9 p.m. Tuesday.

The featured competitions are jump rope, free-throw, push-up, standing long jump, shuttle run, sit-up, knock-out basketball and hula hoop contests.

Contestants will compete in three categories based on age: kindergarten to sixth grade, seventh to 10th grade, and 11th grade and up.

"This is a chance for families to see what we have to offer at the gym, as well as something for them to participate in together," Rey Salinas, Rambler Fitness Center fitness programs manager, said.

Family Fitness Night is also an "inter-actational" opportunity for fitness center staff to stress the importance of exercise and leading healthy lifestyles to youngsters.

"A lot of parents don't know that they can bring their children to the gym with them, especially to fitness classes," Salinas said. "At the event, we'll spend some time explaining the facility and how kids can use it."

For someone like Chaplain (Capt.) Richard Boyd, who permanently changed station to Randolph in early June, finding events to help accustom him and his family to the area is important.

"My wife and I have a 6-, 5- and 2-year-old," Boyd said. "They're a handful and a lot of energy in the best possible way, so we're big on keeping them occupied other than sitting at home and playing video games."

Family Fun Night is also an avenue to introduce his children to sports, Boyd said.

"With so many activities for both kids and adults, it will be a great way to get out of the house," he added.

Prizes will be awarded throughout the night and participants are encouraged to dress in workout attire, Salinas said.

For more details, call the Rambler Fitness Center at 652-7263.

