

Postcards from Iraq

Am I Crazy, Was I Crazy - I Must Be...

Am I crazy? Was I crazy? These are questions that I asked myself before I deployed and once I got here. Now, after 27 months on the ground, I see that I was and I love it.

My first few months here made me wonder if I could survive my full six month tour, much less extend for another tour or two. I worked a lot of 12-16 hour days, but I knew I had to keep in shape

physically to stay fit mentally - so I ran and swam when I got a chance.

Each month MWR hosts a 5 kilometer run at the Palace. I ran in more than 20 of them earning a shirt each time. When I did run I usually placed in my age group, since there are not that many older women who run. I ran three 10-mile races, a half and a full marathon, and participated in a 20-kilometer Danish Contingency march.

I also pulled together a fun triathlon where we did a pool swim, spin for an hour on stationary bikes and ran out and back to the crossed-swords.

I have picked up with several folks who have come and gone and we would find a variety of safe running routes in

TEAM ESSAYONS
Let Us TRI !!!
First and Only USACE GRD Triathlon
Baghdad, Iraq
June 24, 2007



Here I am "pretending" to be disoriented and confused during a mass casualty exercise at GRD headquarters.



Members of the first and only Gulf Region Division Triathlon: Left to right; Wally Ludwig, Gary Weiler, me, Mike Aberle, Mike Williams, Dan Grimsbo. Not pictured; Alex Rosenberg, Paul Bliss.

the IZ. I participated in kick boxing classes, spinning, and even tried Chicago Step Dancing.

But what got me through the week was knowing I was going to go dancing each Saturday night. Country dancing at the palace was great!! I met a lot of folks that I normally would not have known and have become great friends with a number of them.

Dressing up for Halloween was a highlight - I do this at home, too, so it was fun carrying on a tradition on here in Iraq. But the mass casualty exercise where I got to play an injured worker says it all - I must be crazy and I love it.

I am proud to have served with such great people and with such an important mission.

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