

Oregon, Utah runners top Lincoln field

Thousands take to Nebraska streets during annual National Guard marathon

By Tech. Sgt. Alex Salmon
Assistant Editor

Nearly 8,000 runners hit the streets of Lincoln, Neb., May 2 for the annual Lincoln/National Guard Marathon. Of those runners, 260 represented 47 different states and territories for the National Guard.

The Oregon Army National Guard's 1st Sgt. Seven Richmond, a first sergeant at the 249th Regional Training Institute in Monmouth, Ore., took top honors for National Guard men and fourth place overall with his time of 2 hours, 42 minutes, 24 seconds.

Richmond is unlike many marathoners in the fact that this is only his second year of running seriously. At 35 years of age, he said a runner's background doesn't matter. All that matters is the work you put in prior to the race.

"I am a great example. I didn't start running until I was 34," said Richmond. "Look at me now... you don't have to be a high school runner or college runner. I beat a bunch of those guys today."

"It just solidifies that if you do the work ahead of time it will pay off at the end," he added.

A long-time member of the women's All Guard Team finally broke through to win the Guard women's race after finishing in second and third place several times in the past.

Capt. DeAnne Trauba, secretary of general staff, Utah National Guard's Joint Force Headquarters, crossed the finish line with a time of 3:21:16 to take the top National Guard female spot while finishing 10th overall in the women's race.

A member of the All Guard Team each time she has competed in the National Guard Marathon, Trauba said she was happy to finally take the top spot, especially because she is not as young as she once was.

"It's quite an honor," said Trauba. "It's quite an accomplishment to me, especially because I'm older.

I'm almost 45 and so I'm getting in the not going as fast mode, so it's quite an honor."

The Guard Master's Race also saw a familiar face grabbed the top spot. The Wisconsin Air National Guard's Tech. Sgt. Mike Zeigle was the top National Guard runner in the Age 50 and Over Master's Category with his time of 3:06:37, good enough for 55th place overall.

At 58, Zeigle has competed in the National Guard Marathon every year but one since it began in Lincoln in 1984.

He said the National Guard aid stations and the thousands of fans cheering the runners along the 26.2-mile course makes a big difference.

"There (are) people all along the course and it means a lot," said Zeigle. "There's a lot of National Guard support out there...you couldn't go a quarter mile without someone mentioning National Guard."

For the third year in a row the Oregon National Guard team took home top team honors after the state's three team members ran an average time of 2:55:05.

Although winning the team title is not new to the Oregon team, this year's accomplish was significant according to Army Master Sgt. Bill Kaemmer, team captain.

"This year was pretty special because we were two-time champs, so we three-peated," said Kaemmer. "It's even more exciting because we lost three of our top runners - two to injury and one to deployment - so we were basically scrambling around last minute to field a team. So it was exciting for us the fact that we basically ran with new runners and we were able to pull it off."

The 2010 edition of the National Guard Marathon included some course changes, most notably a new finish line. For the first time in race history the finish line was on the 50-yard-line of the University of Nebraska Lincoln's Memorial Stadium with images of



Photo by Maj. Kevin Hynes

Early Morning Takeoff: The first of thousands of runners begin the opening steps of the 2010 Lincoln/National Guard Marathon, May 2, in front of the University of Nebraska's Memorial Stadium. This year's marathon attracted 260 National Guard runners from 47 states and territories.

the runners showing on the stadium's big screen television for the crowd to enjoy.

According to race officials, finishing the race in the stadium is a big step in the growth of the National Guard Marathon.

"I think it means it's a big step that it's becoming larger and a more popular venue for this area," said Sgt. 1st Class Michael Hagen, the National Guard Bureau marathon coordinator. "It sold out in a record amount of time this year, a record number of people. Next year they want to try and go ten thousand and Memorial Stadium will allow for that and also allow the popularity to rise."



Photo by Master Sgt. Alan Brown

Top Guard Runner: 1st Sgt. Seven Richmond, Oregon National Guard, runs along a Lincoln, Neb., street while enroute to winning the men's title at the Lincoln/National Guard Marathon.



Photo by Master Sgt. Alan Brown

Winning Form: Capt. DeAnne Trauba, Utah National Guard, wins the National Guard Women's Marathon title as she crosses the finish line at the University of Nebraska's Memorial Stadium.

that filled the a portion of the eastern stadium and the boost it gave them to complete their last few strides.

"This was probably a huge step for Nebraska to let us finish on their football field," said Trauba. "It's quite an honor to be on this football field."

"It was great," said Richmond. "The stands were full of fans and everybody was up on the jumbo-tron... it was pretty awesome."

So awesome, in fact, that Richmond credited the atmosphere of the UNL stadium with helping him finish strong.

"I was falling apart," he said. "My wheels were coming off, so if it hadn't been in the stadium I'd probably been a little slower."



Beginners Motorcycle Rider courses available

If you are a current member of the Nebraska National Guard, you are eligible for reimbursement if you attend The Motorcycle Safety Foundation approved Basic Rider's Course. Completion of the Basic Rider's Course is required to operate a motorcycle on military installations.

The two- to three-day course (depending upon provider) includes classroom instruction and practical riding experience in a controlled setting. It is designed for beginners and re-entry riders above the age of 19. Once completed, the training allows riders to waive the Nebraska State motorcycle test for an operator's license and may also qualify the participant for lower insurance premiums.

Note: In order to be eligible for reimbursement, members must obtain pre-approval from the Safety Office prior to registering for this course.

For additional information, or to get pre-approval, contact the Nebraska Army National Guard Safety Office at (402) 309-1833 or the Nebraska Air National Guard Safety Office at (402) 309-1118.

Air Guardsmen help special needs students hook big ones in Lincoln

By Senior Airman Brandon Kusek
Staff Writer

Members of the 155th Air Refueling Wing joined up with special needs high school students for a day of fun, sun and fishing at Phizer Lake in Lincoln, Neb., May 14.

The students are members of the Functional Community Referenced education program, which is for more significantly impaired students at Lincoln North Star High School.

According to Shawnie Motschenbacher, Special Education teacher at Lincoln North Star and coordinator for the fishing day, there were 29 students plus six peers this year. This year was the 15th overall for the program and the 12th year for the Nebraska Air National Guard participation.

Tech. Sgt. Carlos Del Cid, 155th Logistics Readiness Squadron, said it was a great turn out, one of the biggest he had seen for the event.

Del Cid is in his sixth year of volunteering to helping out the program. He said his favorite part is watching the kids get excited when they catch a fish.

"I like being able to help them out and get the fish off the hooks and seeing their smiling faces," he said.

"I think you guys have fun doing this and I know we do," Motschenbacher said. "The students get to work on their social skills during the fishing day."

Motschenbacher added that in the days leading up to the event the students learn about fishing safety and trying to figure out how much



Photo by Senior Airman Brandon Kusek

We Got One: Staff Sgt. Doug Carlson, 155th Air Refueling Wing finance office, and his friend Liz show off the fish she caught at Phizer Lake, May 14.

pizza they'll need for lunch.

Capt. Nicole Nuss, 155th ARW executive officer, is in her third year coordinating the event. She said it's a great opportunity for the National Guard members to get out in the community and work with children.

"These kids love seeing our members in uniform and there's an instant trust when they see us," she added.

The program wouldn't be possible without the help of donations of food, fishing gear, location and volunteers such as the military members.

"We have to send a big thanks out to everyone who makes this possible," Motschenbacher said. "The kids get so much enjoyment out of this and without the help of volunteers it would be nearly impossible."