



Medical Task Force 10
Ibn Sina Hospital
Baghdad, Iraq

Inside this issue:

<i>Road to Baghdad</i>	1
<i>D3 Direct</i>	4
<i>Alpha Company and HHD</i>	5
<i>Out and About</i>	6
<i>DRU 's and You Re-up</i>	7
<i>The Social Register Look who's smiling</i>	8
<i>Entertainment</i>	11
<i>Better Homes and Billeting Going to the Chapel</i>	12
<i>The Sports Page</i>	13
<i>The Back Page</i>	15

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D3 International, a subsidiary of Who's your Baghdaddy Inc.



Picture USAF Flight Chrome-89, cruising above the 33rd parallel somewhere over South-West Asia. The time October 2005. In a little while, as expected, the plane will begin a tactical decent, land, and doctors, nurses, medics and strange MSC types will emerge. These Soldiers, members of the best and most powerful Combat Support Hospital in the world, the 10th CSH, will begin a mission that will either plunge them into the darkest nightmare reaches, or inversely, elevate them to the very pinnacle of their professions. If everything is satisfactory, the 30th Med Bde will stamp them "approved" and another RIP-TOA will occur. These are the things that are supposed to happen.

Picture the Commander, COL Dennis D. Doyle, his CSM, Cy Akana and his deputies; DCCS COL Mary Ann McAfee, DCA

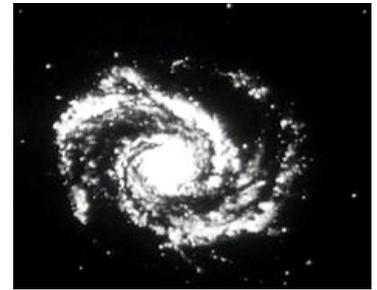
COL Dawn Smith, and DCN LTC Steve Drennan and over 430 highly trained and motivated "Mountain Medics". A band of healers who have just arrived at a place which is as far from home as many of them will ever be.

They begin traveling through another dimension...

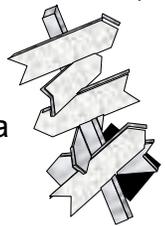
A dimension not only of sight and sound, but of mind.



This door is unlocked with the key of imagination.

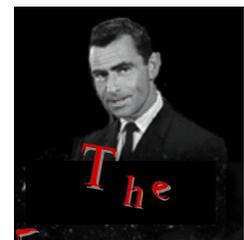


Suddenly, we are moving into a land of both shadow and substances; of things and ideas...



Look, there's a sign post up ahead.

Our healers, who in a matter of minutes, will find their next stop to be:



INTERNATIONAL ZONE

dum dum
dum...

The Road to Baghdad...

Hopefully you read the previous introduction story with the great Mr. Rod Sterling in mind. The Mountain Medics have arrived in Baghdad and have successfully completed the Relief in Place -Transfer of Authority Process with the 86th CSH Eagle Medics.

What a trip from Fort Carson... both the ADVON and main body each spent a total

of 11 days respectively on the road to Baghdad including the last 24 hours just to cover the final leg of the journey from Camp Virginia, Kuwait to Baghdad...and that's only about 150-200 miles!!

cessfully dodging COL Jones, the 86th Commander, for the better part of 10 days, word finally came that the 30th Medical Brigade had cleared the 10th CSH to cross "The Berm" and move north to Baghdad.

Smooth sailing you would think, the Mountain Medics are on their way, hip, hip

hurrah! The cheers went up from the 86th CSH in eager anticipation of the next big milestone on their own road home.

Enter the United States Air Force.



After successfully navigating the bureaucratic requirements to cross "The Berm" we came face to face with our brothers and sisters in blue and they have their own ideas about troop movements and time lines. Anyway, after another three days our exhausted medics are were able to navigate the USAF gauntlet and move north. With that I'll let my colleague, ace reporter, MAJ Terry "I must be in the Army" Flynn relay the rest of the story. Take it away, Terry.

First, the Mountain Medics advance party arrived at Ibn Sina after spending a restful week at Club Camp Virginia in Kuwait. The time in Kuwait revealed how a group of Soldiers can refine the art of the rest-eat cycle when there is little else to do but wait. Upon the ADVONs arrival at Ibn Sina Hospital in Baghdad, they were warmly greeted by the 86th CSH. Unfortunately, after about a week of only 8 Mountain Medics at the hospital, the Eagle Medics started giving them strange looks as if to say "...like, you're it, where are the rest of the Mountain Medics?" Anyway, after suc-

cessfully dodging COL Jones, the 86th Commander, for the better part of 10 days, word finally came that the 30th Medical Brigade had cleared the 10th CSH to cross "The Berm" and move north to Baghdad.



The Rest of The Story... Kuwait to Baghdad

By: MAJ Terry Flynn

Finally, there I was. I had fallen asleep, which is no easy feat after a ten hour nap and suffering from intractable indigestion after consuming my fourth meal of the day. Anyway, that's another story. I am here to

tell you about our short little trip from Camp Virginia Kuwait to Ibn Sina Hospital in Baghdad.

Roused out of our sleeping bags at midnight and given 5 minutes to be in formation. Sleepy

and bleary-eyed, we get out there and they start calling names...mine was next to last one called. Then given 15 minutes to pack our stuff and be back in formation... that's 2 duffel bags, our ruck sack and personal carry-on. Next, draw ammo...70 rounds and load them into our magazines. Back in formation for those leaving and do sensitive items check and ammo count..."but 1SG, you just had us load the ammo in our magazines...now we have to unload it and count it to be sure we have 70 rounds?"

So by 0020-0030 we are back in formation with all our stuff...we hope...stuck in various bags and disorganized due to limited time to have the 1SG tell us to respond when our names

are called for the "final" flight manifest. You know, you just might be a Soldier, "If you are roused from REM sleep and given 15 minutes to pack everything you own to wait 1 1/2 hours for a bus to arrive". So we



wait...Of course now how to kill some time while waiting for a bus...I know, let's count ammo again! Do you see where this is going??

Finally we load the bags, pile onto the buses and make the drive to the military airport. We arrive at 0215 and wait another two hours crammed onto the buses. And you wonder why some people throw PEs spontaneously?

Finally at 0450 (right, 2 hours!), progress...Let's take role call for the "final" manifest...wait a minute didn't we do that at 0015?? Never mind, just go along. First however, let's unload all the baggage from the truck. We form a daisy chain and handle about 275 pieces of bag-

The Road to Baghdad, the rest of the story...

gage weighing from 15 to 100 pounds each) and put it on pallets for loading on the plane. So we packed our own pallets...no wonder the Air Force is only here for 4 month tours...they must be so tired from packing baggage...no wait, we did that!

Off to the plane with our bags, no wait, next you go to into the holding tent...we will call your chalk when it's time to go to the flight line...you are scheduled to fly out at 0945, there is no delay, the

minutes! By 1030 or so we are off and arrive in Baghdad at 1130...and I must tell you that it was the hardest and most difficult flight I have had in a long time.

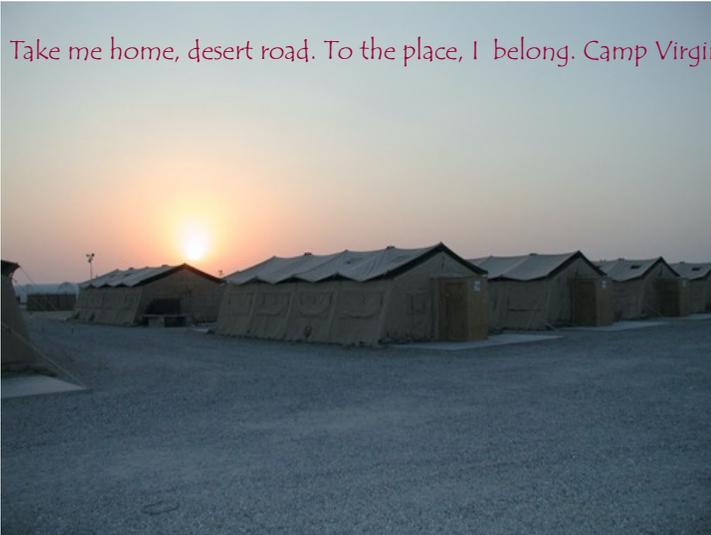
So we arrive in Baghdad...we're here! Well not quite yet...here is the plan. Unload your pallets; put 2 days worth of stuff in one bag and be ready to take a bus ride into Baghdad tonight at 2100 hours...time to convoy on the "Rhino Express". It's only 6 miles and takes about 15-

the back of the aircraft... I see the streets of Baghdad below through the open rear door. We arrive at just before midnight...the journey now complete and only a brief 24 hours after we were originally roused from our bunks in Kuwait. We are now "home" for the next

year...I bet you can't wait to hear how day 1 went in Baghdad...but that will need to wait for the "rest of the story."



Take me home, desert road. To the place, I belong. Camp Virginia, no more mountains. Take me home, desert road.....



crew is on mandatory crew rest period.

Finally at about 0930, it's back on buses for ride out to our plane: a big C-17 transport. I get to ride along the side of aircraft in a jump seat holding my personal backpack and weapon for 60-90 minute flight to Baghdad airport...depending on how many evasive maneuvers and route that must be flown. We are ready...let's do it! No wait...we have to load your pallets now... should only take a couple

30 minutes. In the meantime we will take you in small groups of 20 by bus to another camp where you can sleep, eat and rest until tonight's ride!

Okay sounds good, maybe a little too good you say?? Right, so change again...now its Chinooks departing at 2300! Hey you mean we get to wait some more? It's off into the night, riding in the jump seat again with weapon and carry bag on lap. But now...it's real. I am near



All pictures on this page are of Camp Virginia, Kuwait

Alpha Gators ...

Have you ever seen the movie "Groundhog Day"? It's a movie about a man who re-lives the same day over and over again. Many of us are beginning to feel the groundhog effect. We are working hard to find our own routines in this constant flow of 24 hour, 7 day a week operations. I find myself looking at my watch to remember which day of the week it is. Sunday? Tuesday? Friday? They all begin to blend after a while. So, I find ways to mark off the days. Is that stir fry I smell? It must be Tuesday or Thursday. Is that the local

vendor outside? It must be Friday. Tuesday morning football? Must be Monday night somewhere. How do you identify your days? I have no doubt we can come up with a list of creative ways!

Task Force North has done a great job in making this place our home. Clean up and area improvements have been amazing. The extreme make-overs are continuing! It is great to see so many people taking pride and ownership of their work and living areas. If you have ideas that would contribute to a more positive living or

work area, please see myself, 1SG Crews, or CPT Lee. Gators, keep up the great work! One down, eleven to go!

-CPT Schaefer



PFC Newkirk, CPL Bruneau, and SPC Molina diligently work to ensure R&R paperwork is correct.



...and HHD Regulators

A lot of people ask me what HHD stands for. It is a military acronym for Headquarters & Headquarters Detachment (hence the word, HHD). Now that you know what HHD stands for, the next question that you may be asking is: what does HHD do?

In order to exercise command and control of military units, there needs to be an operation cell – allowing the subordinates to synchronize their efforts to accomplish an overall mission. In a platoon-sized element, this will be your Platoon Leader and Platoon Sergeant. Their ultimate responsibility is to exercise this command and control of their platoon, made up of several squads, to accomplish a mission. In a company-sized element, Company Commander and Company First Sergeant will be taking the same responsibility, but in a greater scope. Now, when we step into the realm of battalion-size

Most of you already know the existence of the battalion staff, namely S1 (Personnel Admin), S2 (Intelligence), S3 (Operations), S4 (Supply/Maintenance), and S6 (Communication). Because of the sheer size of the hospital, these staff sections are established to assist not only the CSH Commander and Command Sergeant Major, but its subordinate Company Commanders and First Sergeants to 'synchronize' their efforts in accomplishing the hospital mission. So, where does HHD fit into this grand scheme of things? First and foremost, HHD is composed of all staff sections' officers, non-commissioned officers, and enlisted Soldiers (S1 through S6). It also includes Command Group (for 10th CSH, Hospital Commander, CSM, DCCS, DCA, DCN and XO – in TO&E setting). In order to exercise command and control, in terms of accountability, training, counseling/mentoring junior

enlisted and NCOs, and equipment maintenance, the HHD Commander (that would be me) and the HHD First Sergeant are appointed. Simply put, our responsibility is to take care of HHD Soldiers and equipment in all aspect so that the staff sections can concentrate on their job, without much distraction.

Our motto is "Regulators". Just like it says, we regulate everything that happens in 10th Combat Support Hospital. So next time, when you hear our Soldiers yell "REGULATORS" in formation, do not be confused with Rapper Warran G's "Regulate" (which happens to be our detachment song).

-CPT Lee

REGULATORS!



Out and About at Ibn Sina (the life and times of a Fobbit)

Bathroom – Iraqi Style

By MAJ Terry “Night Stalker” Flynn

I suppose that many would think that discussing a bathroom should be saved for “Home Improvement” shows or perhaps a fraternity joke. I am here to share with all the uniqueness of utilizing the bathroom, lavatory, restroom (whatever you would like to call it) facilities in a foreign country...particularly here in Iraq. I am sure many of you that have traveled to foreign places (and some rural areas of America) could share many stories about bathrooms (or the lack) encountered during your travels. This is my story from Baghdad...

It should come as no surprise that my unit, the 10th Combat Support Hospital is now working in the old Ibn Sina Hospital, located about ½ mile from the main governmental palace complex which comprised the heart of the old regime of Saddam Hussein here in Iraq. In fact, if the barriers; blast walls and check points were removed...there is a direct road leading from the palace to the hospital and through the old Baath Party Headquarters (Saddam’s primary political wing). The houses we now occupy were reserved for party members and their families while staying in the hospital as well as the medical personnel assigned to work here. One large part of the hospital was the private medical rooms for (he who shall not be named) in case he was ill or needing treatment. I guess for what it is worth; we are walking the same hallways as he once did and the people who ran this government prior to the war. Suffice it to say, this is the Walter Reed Army Medical Center or Bethesda Naval Hospital of Baghdad. As you know, those two facilities in Washington, DC care for



Ibn Sina Hospital, Baghdad, Iraq

our political leaders in America as well as our armed forces patients.

But enough of history lessons...let’s talk about the bathrooms!

Here in Iraq...things are more co-educational for lack of a better word...its share and share alike...including the bathroom. Here is the proof: So you’ll say...sure we have those in the states too...don’t we?? I would suggest that perhaps not in the sense they do here, for it isn’t for one person at a time



in a common bathroom, it’s open to everyone regardless of sex and as many as it can hold!

Need more proof?? You got it!

Better still...there are 5 “stalls” in this bathroom...can get crowded and it’s nice to have an audience! By the way...there is always the possibility of no locks on the stall doors!



This is right next to the special rooms for “he who shall not be named” and so it is very likely that he may have even done his business in one of these (I could not confirm the gold toilet seat rumor)... something to think about...but not for long!

So just when you thought it can’t get worse than this... did I mention that you cannot throw toilet paper down the toilet here either? I will guess however that you thought I was kidding or don’t remember that part. Want more proof? (Is this getting to be a common theme?)

These signs are posted on the front and back of every bathroom and stall door or wall throughout the hospital and our living areas. So now you know it’s true. So you ask: “What do you do with the paper?” Good question...look closely at the photos of the toilet stalls...notice the waste paper baskets? Have you guessed where your “waste” paper goes? Think about that now and ask yourself: “Is that a problem?” You be the judge!



After a while, you get used to it (if that is possible) and you just do what you must. I don’t give it a second thought now. I just hope I don’t take the habit home with me... YUK!

Much of the plumbing system of Iraq has been grossly ignored, damaged and/or fallen into disrepair. It will take years to fix it to a point where it works efficiently and adequately for the people of this city. I have poked fun a bit at this, but it demonstrates real issues and real problems that can only be solved once peace returns. It may seem inconvenient and not very sanitary, but for us here, we are lucky. We have toilets that do work; we have water both hot and cold; can take showers (at least those are private) and have staff that can fix our problems if things break pretty quickly. Not so in other parts of Baghdad and Iraq, including many other Forward Operating Bases.

So the next time you sit on the toilet, reading a magazine, using nice soft tissue paper (that’s a whole other story about paper here), and smelling the fresh scent from a deodorizer...look at these photos and know...it could be worse, and you have got it real good!

SIT DOWN AMERICA...and enjoy your bathrooms!!

DRUs, Who are You? This Month the 772nd FST



The 772nd Medical Detachment, Forward Surgical, from Fort Campbell, home to the prestigious 101st Airborne Division, Air Assault, is an integral part of Team 10 here in Baghdad. We provide critical assets for the ATLS, OR, and ICU sections. On the 14th of November, the team assembled at their legendary “team house” to celebrate a “covert birthday event” for our Detachment NCOIC, SFC Daniel Cozine. SFC Cozine characterized his birthday as “another day in paradise” and the team enjoyed an awesome social gathering that included some of the team from the Australian Embassy. Music was provided by none other than SPC Pete Maze, the team’s master guitarist while some members enjoyed savoring the flavor of cigars from around the world and a plethora of quality non-alcoholic beverages as the team took a brief moment to relax together.



–Team Scribe, MAJ Morton

\$\$\$\$\$\$\$\$\$\$ MONEY MONEY
MONEY MONEY MONEY
MONEY \$\$\$\$\$\$\$\$\$\$

Soldiers now is your chance to get some extra money that you have been needing. All soldiers who are 24 months out from ETS can receive a plethora of Non-Taxed US Currency. Even if you’re not quite in your reenlistment window and would like to do Stabilization at your home station, you can still reenlist and receive the money. You can only receive the bonus if you have not already received a bonus in the current zone in which you are serving. Here are the following zone break downs:

- A zone- 17 months continuous AFS to 6yrs
- B zone 6 years AFS to 10 years AFC
- C zone is 10 Years AFC to 14 years AFS (Payable to 16 years AFS)

Career Counselor’s Corner



Soldiers are entitled for movement options 18 months to 3 months from their contractual ETS, not their Stop Loss ETS. The bonus money for the Deployment zone is MOS immaterial. Many specialties that never get a bonus will now get a bonus only while in country.

Don’t wait and let this prime opportunity pass you by. All bonuses are subject to change by law makers at any time.

Contact SFC Koutsalas at DSN 318-239-7653 or Iraqna 0790-283-2931.

The Social Register, who's who in the Task Force Family Business

Congratulation to MAJ Meyermann and his wife Liza on the recent addition to their family. The Meyermann's are the proud parents of Karenna Alice born 20NOV05, weighing 7 lbs 8 oz. Both are doing well!



Wedding Bells:

PFC Ira McKeller and PFC Carrie Cravens (while on R&R) CONGRATULATIONS!

Promotions

November

LTC Clunie Johnson	A Co, 10 th CSH
LTC Karen Marrs	528 th CSC
SSG Sean Powers	883d CSC
SSG Douglas Capazzi	883d CSC
SSG Benjamin Small	883d CSC
SGT Joseph Dougherty	A Co, 10 th CSH
SGT Mikkael Lewis	A Co, 10 th CSH
SGT Tara Osorio	883d CSC
SGT Jason Paquette	883d CSC
SGT Paul Cardoso	883d CSC
SGT Matthew Drew	883d CSC
SGT Katheryn Hernandez	B Co, 10 th CSH
SPC Angela Calhoun	A Co, 10 th CSH
SPC Khaled Nagashi	A Co, 10 th CSH
SPC Jamie Beauchamp	B Co, 10 th CSH
PFC Jeffery Smith	A Co, 10 th CSH
PFC Mallard	772d FST



By LTC Kate Moore, Reporter at Large and Paparazzi

All of you know and love our own CPT Schaefer, Alpha Company Commander. She led us from the mountain to the desert and will lead us back to the mountain again. She is an Army Nurse Corps officer originally from California. Her duty station before coming to Fort Carson was Korea. It was there a helicopter pilot Warrant Officer named Chris Schaefer swept her off her feet. They fell in love and decided to marry.

May 27, 2005 was the day the blushing bride and handsome groom said, "I do." There was initially some discussion about stationing, but in order to deploy in the same time frame they chose billeting that made them geographic bachelors. As luck would have it, the Fall brought deployment for them both, and both were going to Iraq.

CPT Schaefer is now stationed here in Baghdad and CWO Schaefer is stationed just up the road in Balad. Several things have been working in the newlyweds favor, especially that COL Doyle is an aviator himself. It appears that CWO Schaefer manages regular trips to Baghdad and on a recent Sunday morning he was seen conducting "flight operations" in the Baghdad AO.

Congratulations to CWO and CPT Schaefer.

The Social Register



Do you know who these smiles belong to?

See, "look who's smiling"



Look who's smiling:



LT Carrie "Velcro 1" Baker
ICW 1



SGT "Big Smile" Piper
ICU 1



SGT "Pippi" Gilbert
ICU 2



LT "Pumpkin-6" Harrington
ICU 2



MAJ Rich "Fear Factor"
Morton
772nd.FST



SPC "Muggles" Arnett
Pharmacy

Entertainment

PIRATED MOVIE REVIEW...AAARRRRRRR! This month, Dougie-Doug reviews War of the Worlds

About a week ago, I settled down in my room on my couch with a box of Ritz cheese sandwich crackers left over from SFC Montellano of the 86th CSH. I thought my mission was simple; to get some down time and watch War of the Worlds, starring Tom Cruise, on DVD.

When this movie came out to theaters, Tom Cruise was the subject of much discussion. Because of his anti-depressant (or anti-any-medication) stance, his new love for Kate Holmes, and him going insane on several national talk shows, including Oprah and Jay Leno, he was heavily criticized in the press, and Hollywood types thought it might hurt the number of viewers of his new movie at the box office.

I was curious to see the re-make of this Orson Wells tale, with this movie star of much debate. So I plugged in my laptop, set it on my makeshift coffee table (CPT Heard's footlocker), and hit "play". I could almost hear poor Orson rolling in his grave.

While not Mission Impossible, my mission of relaxing down time turned out to be much more difficult than I thought. BLUF: This movie was terrible, and I'm not just saying that because of the Chinese subtitles and the two silhouetted heads in front of the camera.

The movie leads off with Cruise (with no Holmes) starring as a deadbeat dad who has his near-estranged children for the weekend. While his daughter was merely neutral, his son seethed resentment towards him. Soon after the kids arrive to Cruise's New Jersey home, (again, no Katie), there were some electrical storms in the sky, and some huge metallic tripods came out from the long-ago-buried hiding places. These tripods fried everything in sight, and the Electro-Magnetic Pulse released by the UFOs made every car deadlined. Fortunately for the family, Cruise is a combination of McGyver and Chief Martin, as he was able to get one car going. (Unfortunately, KH was missing from this scene too). His whole mission appears to be to get the kids to Boston, where their mother is, so he can again dump them on her.

Cutting to the chase (AAARRRRRR!), there was a lot of death and destruction caused by the tripods, the little girl gave some fine ear-piercing scream performances, the son ran off to join the Army to fight the aliens (sign him up, SFC K), and the aliens died from natural bacteria on the Earth (sadly, still no Katie). Apparently, although smart enough to build tripods, death beams, and UFOs, they forgot to factor space suits into their risk assessment (Obviously, their MEDPROS status was not up to date; I don't know how or why the 30th Med Bde cleared them to cross the intergalactic berm).

Toward the end of the movie, I was rooting for the Martians to fry everyone and conquer the Earth quickly just so I wouldn't have to listen to the daughter scream anymore. The movie ends sappily, with Cruise and his son embracing and exchanging "I love yous". Aahhh, how sweet! The only thing that could have saved this bomb would have been Katie Holmes as the diabolical villainess behind the whole invasion. Anyway, don't waste your \$2 on this number. Save it for something better, like Howard the Duck.

Worst Scene: All of them

Best Scene: Morgan Freeman's narration

Most Fake Scene: Cruise pulling the pins on two grenades with his teeth while inside the belly of a tripod

Rating: AAAAAAARRRRRRRRR- walk the plank with this one!

The all new Mountain Resort is now open!

Conveniently located on the north side of the hospital, just past the apheresis lab, the "Mountain Resort" is now open to all Mountain Medics and RTD Soldiers. Operated by our own SSG Rosado and staffed by RTD Soldiers, the Mountain Resort offers pool, ping-pong, movie night, games, books and many other MWR activities. Hours of operation are from 0700-2400 daily.



Better Homes and Billeting

Though conditions were not perfect upon our arrival, resourceful mountain medics were able to make the best of available billeting. Below is the before picture and right the final result of an extreme billeting make-over, Ibn Sina edition.



I think the chaplain knows somebody...

Separation makes a heart grow fonder? Who needs it! If we had our choice, we would be home next to you enjoying the holiday festivities. However, God has placed us in Iraq to bring life and hope to a country ravaged by war. The sacrifice we make this season is shared by those of you at home. We miss you! However, we are proud to serve and knowing that you are proud of us goes a long way.

This is my second Thanksgiving, Christmas and New Year in a row away from home. As I reflect on this, a smile still comes across my face as I picture my family enjoying large robust American holiday meals, surrounding the Christmas tree (which we put up before I left this time) reading the Luke chapter two passage and staying up late waiting for 2006 to round the corner. I smile because I know they are free and safe. Never would I want them to live inside the barbed wire, brick fortified, gunman at every corner streets that we exist in here. Freedom is truly invaluable and it comes at a great price; by the blood of warriors. And what do warriors really want? For their families to be free and safe. Thank God for America and its freedoms.

Please continue to pray for us as we join the warriors of Iraq and her allies in fighting for her freedoms. It is a personal prayer of mine that religious freedom will someday become a reality in Iraq. Until there is truly freedom of religion, where Muslims (all sects), Christians, and others can worship without fear of reprisals, there will not be true freedom. If you don't feel free today, on the inside, then I leave you with a scripture from John 8:36, "if the Son sets you free, you will be free indeed." I quote this because I am free and I can. God bless....freedom can be fun.



SGT Mack and CH Leathers
"We proudly brew Starbucks coffee!"

The Sports Page



Ibn Sina Physician takes gold in the Presidential Palace Haunted 5K

Baghdad Iraq. Virtually unknown, CPT Laurie Pemberton burst onto the Baghdad running scene with a surprising win in the women's under 40 division at the Presidential Palace Haunted 5K on October 28th. Though surrounded by controversy in the USA for alleged ties with BALCO, CPT Pemberton, a prominent Emergency Room Physician at Ibn Sina Hospital, finished first in a time of 20:32. Dr. Pemberton states she owes her remarkable speed to three squares a day at the Ibn Sina DFAC and interval training around the hospital LZ.



CPT Laurie Pemberton (center) winner of the Presidential Palace Haunted 5K . Others pictured include CPT Brett "Army Loggie of One" Venable who did not fair as well. After being found asleep 100 meters from the finish line, Venable explained "what do you expect, there is no Starbucks coffee to be found in Baghdad". Finally, the unidentified runner on the left has been seen regularly running around the IZ, however, it is unknown whether he actually competed in the race or was just "jonesing" for a photo with Pemberton.

Treadmill Running in The IZ

This article is adapted from an article by Owen Anderson Ph.D. from Runner's World. Hopefully, he would find it both useful (as intended) and amusing.
- LTC Steve Drennan

Some runners find treadmill running boring and tedious, (then there are some that have no choice). They argue that there's nothing to look at, that the indoor air is stale and that real runners do it outdoors. Obviously, these runner's are not deployed to Iraq.

Perhaps. But treadmill running has its converts and its benefits. In fact, the predictability of treadmill running may also be its greatest virtue (and you don't need to wear your IBAS and ACH). The reliable roll of the belt, the comfortable indoor temperature and the safety and security of a well-lit surface certainly beat small arms fire and mortars from the red zone.

Plus, "predictable" doesn't have to mean boring. With a little imagination and a good attitude, you can design treadmill workouts more variable and more precise than those you do on a road or track.

Below are four treadmill workouts that will make you a stronger, faster runner. As a bonus, there is one workout designed to prove you have a pulse. Each of them takes less than an hour, so they're easy to fit between MASCALs and DFAC hours. When running these treadmill workouts, keep two points in mind: (1) don't do more than two of the workouts per week (the rest of the time, just run easily, say around the LZ, or on the treadmill or cross train); and (2) set your treadmill's elevation at 1 degree. This compensates for the lack of air resistance in treadmill running and makes your speeds roughly equivalent to similar speeds outdoors (continued next page).

The Sports Page



1. The Pemberton Workout (AKA The Speed Demon).

Run easily for 10 minutes, then set the treadmill at a speed about 20 seconds per mile faster than your best recent 5-K pace. Run three 3-minute repeats at this speed, alternating with 3 minutes of very slow jogging. After completing a set of three repeats and recovery jogs, rest for 5 minutes by jogging. Then run a second set of three repeats and recovery jogs. When finished, run easily for 5 minutes to cool down.

2. The MAJ K Workout (AKA The Progression).

Get out of bed, put on your PTs and go to the gym. Begin with a 10-minute warm-up, and then set your treadmill at a speed about 15 seconds per mile faster than your best recent 5-K pace (this new pace becomes your 5-K goal pace). For your first treadmill workout at this pace, run continuously for 5 minutes. Finish the workout with 10 to 20 minutes of easy cool-down running. For each of the next 10 weeks, run the same workout but increase the time you spend at your goal pace by 1 minute per week. At the end of 10 weeks, you should be able to run a 5-K race at your goal pace.

3. The Incline (AKA Indoor Hills or Drennan's Favorite).

Warm up for 10 minutes, then set the treadmill at your approximate marathon pace. (If you've never run a marathon, estimate your marathon time by multiplying your typical 10-K time by 4.65.) With the treadmill elevated 1 degree, run for 2 minutes at marathon pace, then elevate the incline to 2 degrees and run for 2 minutes. Next return to 1 degree for 2 minutes, but then climb to 3 degrees for 2 minutes. Continue in this manner, raising the grade on every

other 2-minute repeat until you've reached 7 degrees (the "incline" pattern is 1-2-1-3-1-4-1-5-1-6-1-7). If you feel exhausted before you reach 7 degrees, stop, and don't let it worry you. Try the workout several more times and you'll develop the ability to handle the hills. Finish the workout by running an easy 8- to 10-minute cooldown.

4. The LT Tofte Workout (AKA The River Dance Workout).

This workout gets its name from LT Tofte's ability to spontaneously start dancing at any time, any place, including on a treadmill. Begin by warming up for 10 minutes, then run for 10 minutes at your current 10-K race pace. Jog (or dance) very easily for 4 minutes to recover, then surge again for 10 minutes at your 10-K tempo. Recover for 4 minutes, and complete the workout with 10 minutes of easy cool-down running.

5. The Pat Ahearne Taper (AKA The Pulseless EMD Workout).

This workout requires you to actually go to the gym. Next, step onto the treadmill, then start the belt, crank the pace up to 5.0 and finally begin to taper when your pulse reached 100. Alternately, you can climb aboard, kick it and go as long and as fast as your spirit takes you.

Though running options may be limited around the IZ, by using your imagination, varying your workout (like these), you can develop a better sense of pace, increase your running economy and learn to deal with hills more efficiently. Best of all, upon your redeployment, you'll be ready to set some new PRs.

Upcoming Events

25 Nov 0600 Turkey Trot 5K Presidential Palace

27 Nov 0600 Firenze Marathon, Florence Italy

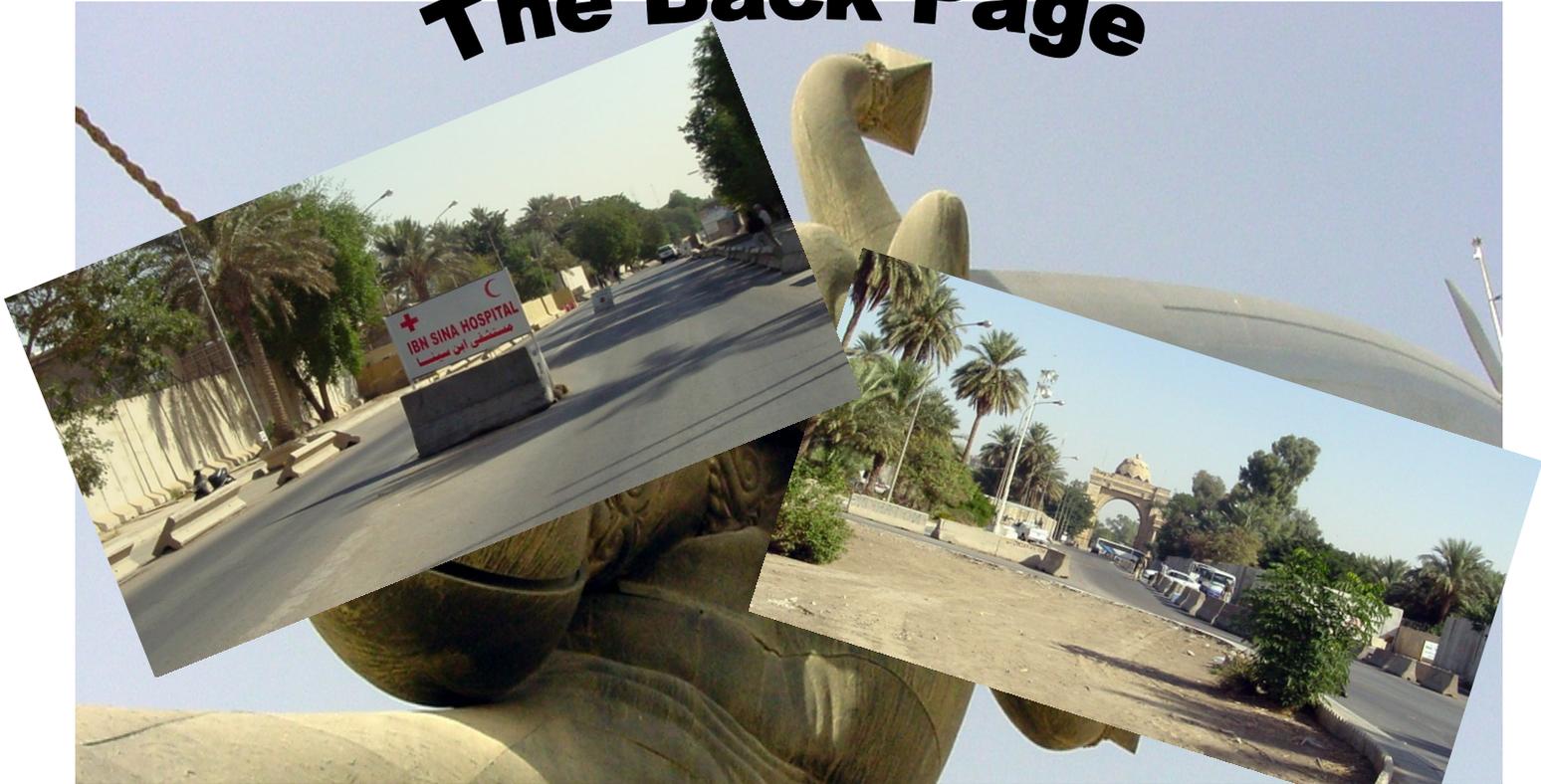
3 Dec 0600 The Reggae Marathon, Jamaica

2 Jan 0600 Lantau Mountain Marathon, Lantau China

8 Jan 0600 The Maui Marathon, Maui Hawaii

Except for the Turkey Trot at the Embassy, all of the above races will be run on the Ibn Sina LZ. 182 laps equal a marathon. See you at the start.

The Back Page



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مستشفى ابن سينا

10th COMBAT SUPPORT HOSPITAL
مستشفى الاسناد القتالي العاشر

MOUNTAIN MEDICS **أطباء الجبل**

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