

*Puget Sound*

# SUSTAINER

February 2012



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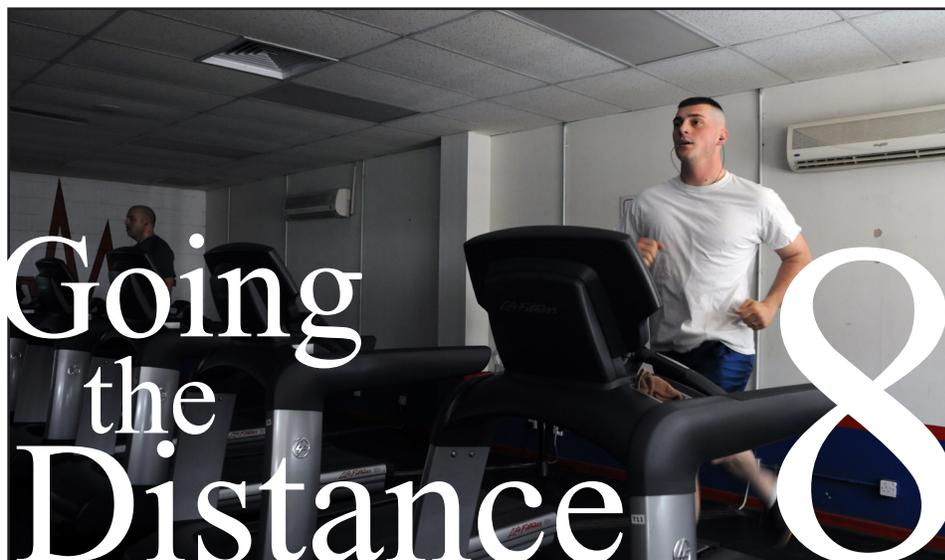
## MWR helps troops discover Kuwait City

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# STAR NOTES



**Brig. Gen. Jonathan G. Ives**

**T**eam – We came to Kuwait with a mission: to direct and execute the responsible drawdown of forces from Iraq by Dec. 31, 2011, in order to comply with President Barack Obama's directive.

And we did it.

When the last convoy from Iraq rolled through the gates of Khabari Crossing early on the morning of Dec. 18, it signaled the end of one of the largest logistical operations since World War II.

The numbers are impressive. After assuming our mission in early October, the 364th Expeditionary Sustainment Command, along with our downtrace units and strategic partners, moved or assisted in moving more than 68,000 troops and 20,000 contractors out of Iraq; drove more than 14 million miles, with more

than 100,000 truckloads of equipment and 30,000 pieces of rolling stock; and helped account for property worth nearly \$1 billion.

That just scratches the surface. To list all the accomplishments and things we were responsible for would take up much more space than I have available here. But you all must know, and be proud of, the job we did in making sure U.S. forces were out of Iraq by year's end.

We're now into a period of reset. In the coming months, we'll be setting the

stage for a successful transition to our replacement unit. Every 364th section needs to document its best practices – what worked well, where things can improve, and suggested changes.

Develop continuity books for the Soldiers who will be taking over your positions. And rather than waiting until towards the end of deployment, start them now in order to capture the highlights your day-to-day operations. You should include copies of briefing slides, battle rhythm, recurring reports, and most importantly – who you go to for information. Our collective success is dependent on the handoff to your peers in the 316th ESC, and to prepare them for success.

The hardest part of our mission, getting U.S. forces home from Iraq, may be finished. But other challenges lie ahead, and I know you're up to them. We've assembled a win-

ning team that's established a great reputation in the short time we've been here. So great, in fact, that our Soldiers have been called upon for their expertise by Third Army, 1st Theater Sustainment Command, and the U.S. Forces – Afghanistan command. That these organizations have chosen our Soldiers to fill critical positions in their ranks says a great deal about our abilities: when there's a tough job to be done, they rely on the 364th ESC to make it happen.

I've recently returned from a trip stateside, where I attended our Yellow Ribbon event and the Theater Academic Training Exercise with the 316th ESC. In meeting your families, I talked how we talk about all of them, and how we share life events going on at home. Further, how we look forward to the next YRRP – event four in mid-September – to bring all of us together as a group. At the 316th ESC TATE, I told Soldiers to remain flexible, that the mission is changing and new requirements are coming up. I also ensured them that each of you will push information to them, so they won't have to wait or ask questions – so I remind you all to include your peers. Our success is based on the transfer of authority when the 316th ESC arrives, so Strive for Excellence!

We're almost halfway through our tour in Kuwait – in fact, Feb. 6 marks day 200 of our 400-day orders. In the coming weeks, our Soldiers will be working hard to plan our redeployment. Each of you has a part in the mission, and I know you'll show the same intense dedication you have over the last four months. Remember: the 364th ESC is the unit is setting the stage for the future success of sustainment operations in the Middle East.

Sustain the Fight!

**Honor the past  
support the future**

**VOTE**

st,  
ure -

te!

# Running The Mini Gateway

by Chief Warrant Officer 2 Rosalind Bush  
642nd Regional Support Group

CAMP VIRGINIA, Kuwait – First Lt. Jill O’Dell, officer in charge of the theater gateway here, received mobilization orders the day after her first battle assembly as an officer with the 300th Sustainment Brigade, a U.S. Army Reserve unit from Grand Prairie, Texas.

O’Dell attended post-mobilization training that same week at Fort Dix, N.J., and is now working with the 18th Human Resources Company at Camp Virginia, and is part of the 642nd Regional Support Group, a U.S. Army Reserve unit from Baton Rouge, La.

O’Dell runs the personnel accountability team at the gateway, and is the primary briefer for all distinguished visitors there. The mini gateway’s mission is to redeploy Soldiers to home station after their tours in Iraq or Kuwait.

O’Dell and the other members of the PAT ensure units are prepared to fly home. They also facilitate resilience resources to the units during their stay at Camp Virginia, and provide them with a full complement of snacks, activities, and other comfort items to make their time here pass as quickly as possible.

O’Dell said she doesn’t mind working long hours for a good cause.

“We have the best mission in theater,” she said. “We get to send



Lt. Gen. Vincent K. Brooks, left, commanding general of Third Army/ARCENT, presents a commanding general’s coin to 1st Lt. Jill O’Dell of the 18th Human Resources Company, Camp Virginia, Kuwait. O’Dell is an Army Reservist in charge of the personnel gateway at Camp Arifjan. *Chief Warrant Officer 2 Rosalind Bush/642 RSG*

Soldiers home to their families every day. We are reuniting families. I honestly do not know of a better job in theater. My Soldiers work with pride, because they know that we are making history and they are a part of it.”

The gateway PAT is comprised of many junior enlisted Soldiers, and the officer in charge always leads by example and emphasizes professionalism in all areas. The PAT’s mission requires it to interact with many high-ranking officers and enlisted personnel on

a daily basis.

O’Dell’s hard work and dedication was recognized recently when she received a coin from Lt. Gen. Vincent K. Brooks, Third Army/ARCENT commanding general.

Brooks thanked O’Dell for taking care of the Soldiers and getting them home quickly. O’Dell said Brooks stressed the importance in making the redeployment experience a quick and painless process for the Soldiers



Sgt. Rhondelisha Parker (left) and Spc. Carlos Houston, both members of the 1452nd Transportation Company, pose for a team picture next to a Heavy Equipment Transporter Truck, much like the one they drove from Iraq into Kuwait during the final convoy here Dec. 18. Both natives of North Carolina were excited to be a part of the final convoy, closing the gates on American military activity in Iraq. *Sgt. Miko M. Booth/113th Sustainment Brigade*

# Last Mission From Iraq

by **Sgt. Miko Booth**  
113th Sustainment Brigade

CAMP ARIFJAN, KUWAIT – In the early-morning hours of Dec. 18, while most service members stationed here were sleeping, a small group of Soldiers from the North Carolina Army National Guard's 1452nd Transportation Company, from Winston-Salem, were busy making history.

"It was just surreal," said Sgt. Alan DuBois. "I was actually on the very last mission out of Iraq."

DuBois and 15 other Soldiers were part of the final convoy to leave Iraq, closing the gate on a conflict that has lasted almost nine years.

"All I could think of when I crossed that border was about my

wife, who is due in March," said DuBois, a native of Rochester, N.Y. "I kept thinking about my unborn daughter, how when she goes to school, she'll read about this and know that her daddy was a part of it."

For many Soldiers of the 1452nd, the road from Iraq to Kuwait is a familiar one. This is the second time the unit has been mobilized for combat. From 2004-2005, the unit deployed in support of Operation Iraqi Freedom II, earning more than 250 Army Commendation Medals and 30 Bronze Star Medals.

One of the Soldiers who knew this exact route, thanks to the previous deployment, is Sgt. 1st Class Antuane L. Simmons.

"I'm so thankful that we made it through two tours," said Simmons, a native of Charlotte, N.C. "Being on the last convoy was important to me because it means that we made sure that all of our brothers and sisters in uniform made it safely back home."

The Soldiers have been conducting numerous convoys between Iraq and Kuwait to assist and support Operation New Dawn and the responsible drawdown of forces in Iraq since the unit arrived in Kuwait in September.

"Everything we did on this last convoy, down to the smallest things like locking doors or pressing the gas pedal down – it was the last time we'll be doing it in Iraq," said Pfc. Jordan Miller.

**Last Mission**  
to page 6

## Last Mission

from page 5

# SOMEONE

“When we left [Contingency Operating Base] Adder, I looked in the side mirrors. Where there would normally be Soldiers and lights, there was nothing,” said Miller. “When we reached K-Crossing [the Khabari Al Awazem Crossing], it wasn’t a transition point; it was now the site for a conclusion.”

When Sgt. Schjuana Suggs passed through K-Crossing, she couldn’t help but feel as though a major chapter in her military career had just closed.

“I raised my right hand for the first time at the Brooklyn, N.Y. MEPS [Military Entrance Processing Center] on Sept. 11, 2001,” said Suggs. “After I enlisted, I went to a holding room where I saw the planes crash into the twin towers on TV.”

“My first deployment in Iraq was scary, but I loved serving my country. I’m happy to be one of the ones closing Iraq; it’s definitely an accomplishment for me,” she said.

Sgt. Daniel SaintSing graduated high school in 2003, at the beginning of the war in Iraq. For SaintSing, Iraq has been a war zone for most of his adult life.

“It’ll be interesting to see how this changes things back home,” he said. “I’m so proud to have been a part of this historic crossing.”

The 16 Soldiers admit that they now have a unique bond, and will never forget the experience of representing the state of North Carolina in the last convoy. The Soldiers have safely returned to their main base here, anxiously awaiting their next mission.

“But right now, I’m just tired and hungry,” said SaintSing. “That is one long drive.”

# TWEETED!

--- DURING DEPLOYMENT ---

Aren't you  
cute?

Yes, but  
I could have  
**RABIES!**

### HOW CAN YOU TELL?

You cannot  
always tell if  
an animal  
has RABIES.

Not all animals  
with rabies  
look sick or  
act strange.

### BE SAFE!

Do not  
approach, feed  
or handle  
wild or stray  
animals.

Do not keep  
pets or mascots  
when deployed.

# RABIES KILLS!

If you are **BITTEN** or if an **ANIMAL'S SALIVA** contacts  
your broken skin, eyes or mouth, immediately wash the area  
with soap and water and seek medical attention.



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information on  
rabies

<http://phc.amedd.army.mil/rabies>

Approved for public release; distribution is unlimited.



CP-100-0911

# Going the Distance

by Sgt. Christopher Bigelow  
364 ESC

CAMP ARIFJAN, Kuwait - Determination and grit were easy things to find at the Zone 1 gym as service members pushed themselves to complete the Morale, Welfare and Recreation Center's most recent marathon.

"I wanted to prove to myself that I could do it and I wanted to do it for my wife, she runs half marathons back home she is in great shape and she's always running, my goal when I get home is to run a half marathon with her," said Staff Sgt. Tel Thompson, a physical security inspector for Area Supply Group-Kuwait, deployed with the 364th Expeditionary Sustainment Command, a U.S. Army Reserve unit from Marysville, Wash.

"So I have been running a lot and doing what I can to get into shape so I can run with her," Thompson added.

Thompson's goal when he set out on his deployment to Camp Arifjan was to score a perfect 300 points on his Army Physical Fitness Test and to be one of the first 100 finishers in the MWR's monthly fun runs.

"MWR events really do boost morale; it's a good way to break up the norm," said Thompson.

"I try to hit every single run that comes up. I have met people from all over base now; we just have a good time. It is a good social gathering," he added.

More than 300 people registered for the MWR's most recent event, a rugged 26.2-mile marathon held Jan. 6-8. Participants had to complete the event over the course of 72 hours.

"The race is held twice a year; over 300 people signed up for this one, but just a little over 260 people completed it," said Tara Rodriguez, the MWR event coordinator.

As participants registered for the race, each was given a logbook to track their completed miles.

"People need to be motivated to complete a race like this, especially since they keep track of their own miles," Rodriguez said.

Thompson completed his marathon on the elliptical machine in less than four hours.

"I proved to myself that I could do it, and that it was possible," he said. "It also kind of puts me into a

different category; not everyone is doing it, 26 miles is a rough venture. I learned that I can definitely push myself when it hurts. The last four miles were brutal."

Thompson is at the gym for two hours a day, five days a week.

"It's all about being healthy," he said. "You either get fit or get fat over here."

In civilian life, Thompson is a police officer in Tacoma, Wash.

"I didn't think PT was as important as I do now, but I have lost 25 pounds here. I'm in much better shape, and on patrol that could actually mean my life and my partner's life," Thompson said.

"Being in that much better shape or condition will help me chase someone down and hopefully prevent another crime," he said. "I'm going to try to stick with my workout routine when I go home."

Although completing a marathon in such a short time was tough, Thompson said he was glad to have taken part in the event.

"It feels good to have completed the race," he said. "I feel like I have been making the most of my time here in Kuwait."

Staff Sgt. Tel Thompson, a physical security inspector for Area Support Group-Kuwait, deployed with the 364th Expeditionary Sustainment Command, runs on the treadmills at the Zone 1 gym at Camp Arifjan. Thompson completed the Morale Welfare and Recreation Center's 26-mile marathon, Jan. 8. Sgt. Christopher Bigelow/364th ESC



# SLIPS TRIPS F



to slide along smoothly,  
resulting in a sudden mishap.



to catch the foot on  
something so as to stumble.

for information on avoiding slips, trips and falls, go to <https://safety.army.mil>

# WATCH YOUR



ARMY SAFE  
IS ARMY STRONG

# FALLS



to descend freely by  
the force of gravity.

[://safety.army.mil/](http://safety.army.mil/)

# STEP



Soldiers from the 642nd Regional Support Group, an Army Reserve unit from Decatur, Ga. pose for a team photo next to a Mine Resistant Ambush Protected vehicle, after receiving the United Safety Council's Military Unit Award for its excellent safety record while deployed to Kuwait. *Chief Warrant Officer 2 Rosalind Bush/642nd RSG*

## 642nd RSG Wins Safety Council Award

by Chief Warrant Officer 2 Rosalind Bush  
642nd RSG

CAMP ARIFJAN, Kuwait  
- Mission accomplishment always comes first for the 642nd Regional Support Group. And when that mission is accomplished safely, without any major accidents or injuries, the whole unit deserves recognition.

When not deployed, the 642nd RSG, an Army Reserve unit from Decatur, Ga., belongs to the 143rd Expeditionary Sustainment Command in Orlando, Fla. Every year, the 143rd ESC partners with the United Safety Council in Orlando to recommend a unit for a military unit award. The award is issued in January during the council's annual banquet.

This year, the 642nd was awarded the United Safety Council's

military unit award, chosen for its excellent safety record while deployed to Kuwait.

After assuming responsibility for deployment and redeployment operations in Kuwait on Aug. 11, 2011, the 642nd has mastered the progress of successful and well-organized deployment and redeployment tasks. Since arriving in theater, the 642nd RSG has processed more than 89,000 Soldiers for Rest and Recuperation leave, 30,000 Soldiers redeploying from Kuwait, and supported the successful deployment and redeployment of 195,000 Soldiers supporting Operation Enduring Freedom.

The 642nd RSG illustrates its accomplishments with the unit motto: dedicated to the fight, and responsive day and night.

# To Be The Best

by Sgt. Christopher Bigelow  
364th ESC

Soldiers from across the 364th Expeditionary Sustainment Command competed Jan. 19 in the Soldier and NCO of the Quarter board at Camp Arifjan.

Nine Soldiers competed in the competition, which showcased the best and brightest Soldiers from across the command.

The competition was intense as Soldiers tested their basic warrior tasks with a land navigation course, first aid, weapons maintenance, and a media engagement.

Sgt. Mike Vieira, of Des Moines, Wash., an information assurance plans NCO with the 364th ESC, was selected as the NCO of the Quarter.

Spc. Rodney Webster, of Blossvale, N.Y., a transportation management coordinator with the 486th Movement Control Team, was selected as Soldier of the Quarter.

The two Soldiers will represent the 364th ESC at the 1st Theater Sustainment Command's competition in April.

Vieira and Webster both received the Army Commendation Medal in a ceremony following Thursday's competition.



[top] Sgt. Mike Vieira, of Des Moines, Wash., an information assurance plans noncommissioned officer with the 364th Expeditionary Sustainment Command, plots points on a map during the land navigation phase of the Soldier of the Quarter board Jan. 19 at Camp Arifjan, Kuwait. *Sgt. Christopher Bigelow/364th ESC*

[right] Sgt. Amanda Ostermeyer of Pittsburgh, Penn., a medic with the 364th Expeditionary Sustainment Command, treats the wounds of simulated casualty Spc. Brandon Williford of Tulsa, Okla., an executive assistant with the 364th ESC, during the first aid stage of the Soldier of the Quarter board, Jan. 19 at Camp Arifjan, Kuwait. *Sgt. Christopher Bigelow/364th ESC*

[bottom] Sgt. Jeremy Storey, of Pottsville, Penn., a heavy vehicle operator with the 233rd Transportation Company, takes an Army Physical Fitness Test to start the soldier of the quarter board, Jan. 19 at Camp Arifjan, Kuwait. *Sgt. Christopher Bigelow/364th ESC*





# Afghanistan MCAT Mission Saves Army Dollars

by Chief Warrant Officer 2 Rosalind Bush  
642nd Regional Support Group

KANDAHAR, Afghanistan – For many Soldiers, deployment means entering a new environment and operating outside your comfort zone.

Sgt. Jhamon Grant, the 642nd Regional Support Group's operations noncommissioned officer in charge here, identifies with foreign operations. Grant, a native of Baton Rouge, La., transferred to the 642nd from the 321st Sustainment Brigade, a U.S. Army Reserve unit in Baton Rouge for this mission. Operation Enduring Freedom marks his third deployment

Grant says he's willing to go above and beyond what is expected of him, even though his mission isn't what he expected before getting here. Most of his leaders and peers are stationed in Kuwait; Grant is one of two 642nd Soldiers in Afghanistan.

Although Grant said he misses

his fellow 642nd Soldiers, he's excited to be a part of the Mobile Container Assessment Team. The MCAT consists of 32 Soldiers in seven locations throughout Afghanistan.

Grant says that part of the MCAT's mission is to stop the government from receiving detention fees for non-government containers.

Once containers arrive in Afghanistan, they must be emptied and returned within 10 days to avoid lateness fees.

According to data obtained by USA Today, the Pentagon has spent more than \$720 million since 2001 on fees for shipping containers that it has failed to return on time. If the military doesn't return a container on time, a rent-to-own arrangement requires the military to pay the shipper nearly \$7,400 for a 20-foot container worth half that amount.

The Army's objective is to make

the most use of origin-to-destination containers to sustain operations. The Army maintains unit integrity by keeping a unit's equipment together in the same container or ship.

The MCAT works to reduce unnecessary spending and detention fees by using the integrated booking system container management module. The system allows the team members to track the container's location, assess the container, and empty its contents into a government-owned receptacle, which allows carrier-owned containers to be sent back in a timely manner.

Grant, who is married with four children, said he believes the MCAT mission is essential because it reduces costs and prevents unnecessary detention fees.

Grant, a nine-year military veteran, said he was thrilled about his sudden mission.

"I feel that I'm learning a lot and gaining experience," he said.

# OPSSIC

*is everyone's responsibility!*



SOLDIERS  
LEADERS  
CIVILIANS  
FAMILIES

Take **5**  
before cycling!

### Take Off the Training Wheels

- Stay off roads when possible and use approved bicycle trails
- Always use a headlight and taillight when riding during periods of reduced visibility
- Wear a reflective upper body garment
- Do not wear headphones
- Always use a Consumer Product Safety Commission-approved helmet and other safety equipment



What Have You Done  
to Save a Life Today?



ARMY SAFE  
IS ARMY STRONG



# NEVER LEAVE A FALLEN COMRADE



**Buddies can Prevent Suicide**

**Not all Wounds are Visible**

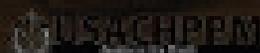
**Be willing to listen.**

**It is your responsibility to get help for a fellow Soldier**

Talk to your Chaplain or a Behavioral Health Professional or Call Military OneSource 1-800-342-9647

[www.militaryonesource.com](http://www.militaryonesource.com)

TA-09-0187



[bottom] The Kuwait City skyline as seen from the Gulf Road. [right] Ancient clay pottery at the Kuwait National Museum. [bottom right] Portion of an ancient carved camel figurine, seen at the Kuwait National Museum. *Capt. Christopher Larsen/364th ESC*



# MWR Helps Troops Discover Kuwait City

by Capt. Christopher Larsen  
364th ESC

**KUWAIT CITY** – Even in an operational environment, there’s time to take a break, as eight members of the 364th Expeditionary Sustainment Command here found out Jan. 4.

In a trip sponsored by Morale, Welfare, and Recreation at Camp Arifjan, Soldiers were able to spend the day outside the gates and see some attractions in Kuwait City.

The trekkers took in the Kuwait National Museum, the Sadu House museum, and the Kuwait

Scientific Center.

“It [the trip] gave me some insights to the Kuwaiti culture,” said Lt. Col. Mike O’Neill, the 364th ESC’s deputy staff judge advocate.

As part of the day trip, the troops also got to experience regional cuisine with a luncheon at Seven Seas, a Lebanese restaurant on Kuwait City’s waterfront.

“The food was phenomenal,” O’Neill said. “It was the best part of the day. The waterfront setting made it seem like a completely different world from Arifjan.”

MWR day trips are ongoing, with

ones planned for Feb. 7 and Feb. 19. Signup deadline is Feb. 9 for the Feb. 19 trip.

Soldiers must sign up for MWR trips at the 364th ESC’s Headquarters and Headquarters Company in Building T303. Costs are posted for specific trips, and Soldiers must make sure a copy of their Cultural Awareness card is on file.

For more information on MWR trips, Soldiers can contact Sgt. 1st Class Scott Howard or Staff Sgt. Macedonio Garza of the 364th ESC G-4 section.

Hi this is **Sgt. Joe Vill**  
**Sustainment Comm**  
I want to wish m  
**Des Moir**  
**Happy**

**Mehh**



# HOMETOWN SHOUT OUTS

**Villines, stationed with the 364th Expeditionary  
and in Camp Arifjan, Kuwait.  
y wife, Jena Villines, in  
nes, Iowa a  
Valentine's Day.**

**I love and miss you.**



by Spc. Letitia Samuels  
821st Transportation Battalion

CAMP ARIFJAN, Kuwait - The smell of damp sand and the apprehension of team competition hung in the air the morning of Jan. 14 as Soldiers here started stretching, readying muscles for the ordeal about to begin.

Fourteen teams went head-to-head in the Iron Wheel Challenge, a rigorous fitness competition sponsored by the 821st Transportation Battalion, a U.S. Army Reserve unit from Topeka, Kan., and assigned to the 364th Expeditionary Sustainment Command.

There was one all-female team, three co-ed, and 10 all-male teams. Two were from the 325th Combat Support Hospital, seven from the 233rd Transportation Company, two from the 129th Transportation Company, and one each from the 1452nd Transportation Company, the 113th Sustainment Brigade, and the 59th Chemical Company.

The Iron Wheel Challenge consisted of six events: a rucksack run, tire flip, litter carry, truck push, and weapons assembly and disassembly. Adding to the day's difficulty, Soldiers also had to post team totals for push-ups, sit-ups, and pull-ups.

Taking cues from their leadership, Capt. Jonathan Schneider, the 821st's Headquarters and Headquarters Detachment commander, and Sgt. 1st Class Carl Ellsworth, the operations noncommissioned officer in charge, came up with ideas for the events from their experiences in ROTC.



Soldiers begin the Ruck Sac Run portion of the Iron Wheel Challenge Jan. 14. Sgt. Christopher

“We also received input from the first sergeants within the battalion,” Ellsworth said.

Ellsworth said the competition motivated the crowd who had gathered to watch the spectacle.

“There was much talk about next month’s event from the spectators, especially the all female and co-ed

categories,” he said. “All acknowledged the difficulty factor, but thought it was a great challenge, mentally and physically.”

A crowd estimated at more than 100 turned out to watch the event. Chief Warrant Officer 4 Kenneth Wash of the 821st said he was surprised at the size of the crowd.

N

CHALLENGE

Photo by: Peter Bigelow/364th ESC



“There was a bigger turnout than expected, and it really showed support for the competition,” he said.

Iron Wheel Challenge teams had to scale barriers while carrying a litter with 150 pounds for 100 meters and back, simulating carrying a casualty on the battlefield. They also had to push a pickup truck through

mud and sand, without stopping.

In the physical training portion of the event, teams had to achieve a combined total of 25-50 pull-ups, 100-200 pushups, and 200 sit-ups.

Soldiers were required to assemble and disassemble individual and crew-served weapons under the watchful eye of an armorer, without

missing a step in either process.

Teams had to flip a 300-pound tire end-over-end for 100 meters, avoiding crushing and lifting injuries or a runaway tire. To make matters worse, the Soldiers had to run a mile between each event while wearing a rucksack. The rucksacks were loaded with weight totaling between 120 and 200 pounds, distributed between team members.

Event organizers said there were no injuries during the Iron Wheel Challenge – just some cramps and plenty of sore muscles.

Schneider said the next Iron Wheel Challenge takes place on Feb. 18. Events continue in March and April, leading up to the championships in May.

“The first four months are the qualifying rounds,” he said. “The winner from each month’s event goes on to the championship round.”

Schneider said the events are open to all service members in Kuwait – not just Soldiers.

“I’d love to get some Navy or Air Force people in there,” he said. “I’m hoping we’ll get a big crowd in May for the championships. We’re going to change up the events and add to the challenge. The people who make it to the finals are really the best of the best.”



# Walk Aware & Walk Away

*Alert Today, Alive Tomorrow!*

**Never assume drivers can see you  
or will stop for you.**

Remember to make eye contact with drivers to ensure they see you. Don't take a walk signal, a green traffic light, or a driver for granted. Crossing safely is your responsibility. Remember, it's up to you.



**ARMY SAFE  
IS ARMY STRONG**

