

# July 2001

## 27th MSB soldiers hold PT Olympics

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The soldiers of Company D, 27th Main Support Battalion, Division Support Command, 1st Cavalry Division, participated in a 'Fitness Olympic Week' at Hood Stadium July 16 - 20.

The intention of the fitness olympics was to evaluate how far soldiers had progressed in a newly designed eight-week physi-

cal training program and to compare soldiers' run times before and after the program, said Sgt. 1st Class Kevin L. Greene, technical inspector, Co. D shop office, and noncommissioned officer in charge of Fitness Olympic Week.

Soldiers competed in numerous PT events during the week such as a one-mile run, an Ironman and Ironwoman push-up event, an Ironman and Ironwoman sit-up event, 100

meter, 200 meter and 400 meter runs, 4 x 100 and 4 x 400 relays, and, as the closing event, a two-mile run.

Awards were given to the first, second and third place finishers in each event, for both males and females. The fourth place finisher added points to his or her platoon average.

Other than recognizing individual achievement, the intent was to award the platoon with the best overall score in the unit, Greene said.

"It's all about teamwork and unit cohesion, said Staff Sgt. Karl Lorenz, Co. D, field and electrical section sergeant.

"The majority of them have improved," Greene said. "It's definitely working."

Greene's program drew rave reviews from the soldiers themselves.

"I improved my run two and a half minutes," said Spc. Yamira Perez, multiple launch rocket system repairer, Co. D.

"I really improved a lot because Sergeant Greene's program is intense - run, run, run," said Pfc. Grégory Mangrum, tow



(from left to right) Sgt. Peter Lewis, Pvt. 2 James P. Wheeler, Sgt. Andrew Linn, and Pvt. 2 Timothy Spears, all of Co D, run for the finish line during the 100 meter dash event of the PT Olympics.

missile repairer, Co. D.

In addition, "It took a lot of people off special pop and the weight program," said Spc. Claudia K. Gayle, supply specialist, Co. D.

The impetus for the change came when 1st Sergeant Milner, the company first sergeant, identified that the company's run times needed improvement and directed Greene to design and implement a new program, Greene said.

Greene, also an All-Army boxing team coach, envisioned the fitness olympic week as a culmination of the unit's progression through the program, he said.

"Once we can actually show soldiers that this is a program that is beneficial to them, then we'll keep their attention and enthusiasm. Nobody wants the dirty dozen - push-ups, sit-ups and run to Hood Road. They want to do some different things," Greene said.

"Every one of us has taken a PT test. When we come up to the end and here that person calling off our time and we start thinking 'man I know I can do better,' and we try to pick up the pace, even though we're already near exhaustion, that's where our fast twitch muscle fibers come in - that's what the kick is. Sergeant Greene's plan is to show these soldiers that they indeed do have that kick.