

COMBAT AIRLIFTER

Pope Field

440th Airlift Wing

September 7-8, 2013



Wow, another summer has come and gone! I hope all of you had an opportunity to take some time off to spend with your families. The kids are back in school, fall is just around the corner and we are all settling back into that fall routine. Of course, the fall of 2013 was supposed to mark the beginning of our transition to the C-130J. We recently learned that the transition has been delayed until April 2014. This was not news we expected and was not what we planned for. Many of our operations and maintenance personnel were already in training for the new airframe, and the C-130H transfer plan was already in motion. So why the delay?

Given the current budget situation and the pending drawdown in Afghanistan, the Air Force is conducting a comprehensive review of its entire force structure – to include the C-130. This review is not expected to be complete until later this year. With that in mind, AFRC felt it prudent to delay the transfer of C-130J aircraft from Keesler AFB to Pope Field until that review is complete. Once the C-130 force structure review is done, we expect to have more information. For now, all we know is that the transition has been delayed for six months.

What does this delay mean for us? It means we are still fixing, flying and supporting C-130H operations. It means we still have a mission to execute, it means we still have the same readiness requirements, and it means each and every one of us needs to maintain focus on the task at hand.

We still need to plan for the transition, but we cannot get distracted from our current mission. Right now, 440th Airmen are in every phase of the deployment cycle. We have Airmen deployed all over the world. We have Airmen getting ready to leave on deployment and we have Airmen returning home. We have day-to-day operations and we have day-to-day training requirements. We cannot afford to lose focus. Whether fixing, flying or supporting C-130 operations, ours is a hazardous business. If we lose focus, it becomes a downright dangerous business.

In the coming weeks, I intend to get out and about a little more. If you see me in your work spaces, don't be afraid to ask me questions. If you have concerns, let me know what they are. My number one priority is taking care of Airmen. If I'm not doing that, I need to know it. Collectively, our job is to safely execute the mission. If you are distracted you can't do that. It is my job and your wing leadership's job to: alleviate your concerns, to remove those distractions, and to ensure that you have all the tools you need to safely execute the mission.

As we move ahead in this time of uncertainty, remember the triad – family first, civilian employer second, Air Force Reserve. Maintain your focus. Maintain your readiness. And most of all, keep an eye on and take care of one another. Thanks for all you do.

With great respect,
Brig. Gen. Jim Scanlan

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2013 Top Aimpoints:

- Preparation! Lead AFRC as premier TFI Unit
- Predictability! Preserve the Reserve Triad
- Mentoring! Part of the larger Wingman culture

—NEWS—

From the Vice



With the rapid approach of fall, for many that means the advent of the hunting seasons. Today's column addresses a quarry and hunt of a different sort--have you checked your DEERS lately? Not the four legged, antlered type, but the byte-filled data sort that is used for verification of eligibility of all sorts of things.

One of the most recent activities tied to the elusive DEERS is the data dump the Fort Bragg Directorate of Emergency Services needed to register your common access card and dependent ID cards in the new Automatic Installation Entry system. This new gate access system has been in the works for a while and Fort Bragg expects to initiate use of the system on November 1, 2013 at most Army Access Control Points (Army-speak for "gates") except the Manchester ACP. The Manchester ACP is targeted for March 2014 because the system at that gate was installed by the AF and the two systems aren't on speaking terms yet.

What is AIE? It's a card-swipe system that is meant to help cut down on human errors at the access points, e.g., missing expired ID cards, or recognizing a driver who's on the restricted access list. In theory, drivers would simply swipe their card at the ACP. The system uses the narrow bar code on the back of your CAC or dependent/retiree ID cards and instantaneously run its checks and the driver gains access assuming everything is in order. Note, I did say theoretically. As with any new system I would expect some growing pains, both in the system itself and its employment. FYI, the system

What does this mean to you, the reservist at Fort Bragg/Pope Field? First you need to make sure all your dependents are in DEERS to begin with and that all their information is correct. Second, the data dump SHOULD have picked up all your info but if you have any doubt, you can go to the Visitor Control Center (VCC) just outside the All American gate and they can check. The drill weekend is a great time to do that as you won't have to wait in line with some portion of the 55,000 Soldiers and their families during the week. Third, for those of you who will not be coming through the Manchester ACP in November, plan some extra travel time in case there's a line of folks trying to figure out which way to hold the card when they swipe, how long their arms are and all those other ergonomic challenges waiting to be discovered. Happy hunting!



Chief's Page

Enlisted Development Plan



It has been said; when you are in leadership positions, wait six months before making major changes. I agree with this statement and while I have done so, I have also used the "Look, Listen and Learn" approach as well. Look at how things/ programs have been working. Listen

to the how's and why's of the programs. Learn from the leaders about their programs and processes.

As I approach my 6 month mark, I would like to start the Enlisted Force Development workshop. The goal is to teach, identify, mentor and expand all Airmen in accordance with *Air Force Instruction 36-2618, "Enlisted Force Structure."* According to paragraph 6.1.2, I am responsible for advising the commanders and staff on mission effectiveness, professional development, military readiness, training, utilization, health morale and welfare of the commanders enlisted Airmen and take action to address shortfalls or challenges. The CCM provides leadership to the enlisted force and is the functional manager for group superintendents and first sergeants in their organizations.

This is the area where I would like to concentrate on and building a foundation that will elevate our Airmen across the wing to compete across the entire command. There are numerous leadership positions such as functional managers, group superintendents, Command Chief and First Sergeant vacancies throughout Air Force Reserve Command. I believe we can start right here and here's why: each year Air Force Reserve Command holds several development team boards meeting either at AFRC/HQ or at ARPC Denver depending on the size of your career field. They will review your military records and provide you with feedback of areas where you are doing great; as well as, areas where you might need help.

In line with the wing commanders quarterly Commanders Calls, I would like to start with an introduction of what this process is and how we will incorporate this into our Airmen's lives. Scheduling enlisted calls will address issues relating to our Airmen Basic through Senior Airmen, Staff Sgt's and Tech. Sgt's, and Master Sgt's through Chief Master Sgt's. All three groups will have specific issues and agendas that will help develop them in their current positions as well as meeting their next leadership opportunity.

As our Air Force goes through some challenging times, our nation still needs the best Airmen to serve the world greatest Air Force.

— ANNOUNCEMENTS —

Airmen & Family Readiness

Pre Separation briefings will be held on Sunday of the September UTA for members who received an email from A&FR staff. Briefings will be held in the main auditorium of A&FR. Members can attend either the 1030 or 1300 brief. This brief is specifically for members who have completed orders 180 + days or more.



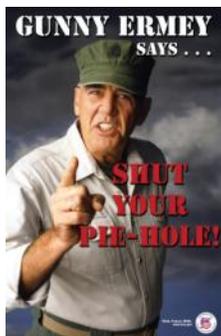
A&FR recruitment opportunity – we are looking for a motivated, self-starter SSgt or TSgt interested in joining our team of two. This is a special duty, traditional reservist position with opportunities to work additional days as needed to work on projects. Contact MSgt Barbara Hedman or MSgt Katrine Guinn if you are someone you know is interested.

Uniform for Success - FREE Suits for Veterans - The Gary Sinise Foundation is committed to supporting our nation's defenders, especially as they enter the civilian work force.

In order to qualify for a Jos. A. Bank free suit, you must provide the proper documentation. Please fax or email a DD214 form, a statement of service if you are still active duty, or you can also make a copy of the front and back of your military ID. Please email to: contact@garysinisefoundation.org or fax to 818.432.8999.

The suits will be distributed on a first come, first served basis, so please submit your information in a timely fashion. Please keep in mind that the voucher **MUST** be redeemed at a Jos A. Bank location before the expiration date, November 11, 2013. You will want to submit your documentation as soon as possible, so that you are eligible to participate in the program.

Additionally, please include your full name as it appears on your identification, your address, city, state, and zip code along with your best contact phone number and email address. That way, if we have any questions, we will be able to reach you. If you have any additional questions, please email: contact@garysinisefoundation.org.



Protocol Corner

AWARD CEREMONY AND PRESENTATION OF MEDALS

In the event of a unit member receiving an award or medal, the award ceremony provides an opportunity for the entire unit to share in the success of one of its members. The ceremony also provides the recipient an opportunity to share words of thanks and acknowledge special family members or guests. The following sequence is a suggested format for planning an award ceremony or presentation of medals:

Office Call with Ceremony Host and special guests (optional)
Entrance of Official Party Comments by Ceremony Host
Official presentation of award or medal
Reading of Official Order Award Citation is read
Pinning on of medal
Official Photos (optional)
Honoree Comments (optional)
Receiving Line (optional)
Reception (optional)

Several special considerations when planning and executing an award ceremony include the use of escorts, special seating (reference handbook section on seating), flags, and reception.

In many cases, several medals will be presented in the same ceremony. Specific rules apply to the sequential presentation of medals or awards. The sequence of presentation of awards and decorations is based first, on the precedence of the decoration (highest first), then, on the rank of the recipient. An oak leaf cluster does not indicate an award higher than the basic medal. Present a master sergeant the Meritorious Service Medal before you decorate a captain with the Air Force Commendation Medal. Present a senior major the Meritorious Service Medal before a junior major receives the Meritorious Service Medal, First Oak Leaf Cluster. The complete precedence order of Air Force Medals follows.

ESGR Employer Awards

Nominate your employer! There are two ways you can recognize your supervisor or employer for his/her support of your military service:

Patriot Award – This award recognizes supervisors and bosses nominated by a Guardsman or Reservist employee for support provided directly to the nominator. Spouses of Service Members are also eligible to nominate their supportive supervisor.

Secretary of Defense Employer Support Freedom Award – This award is the highest recognition given by the U.S. Government to employers for their outstanding support of employees serving in the Guard and Reserve. Each year, Guard and Reserve employees, or a family member acting on their behalf, have the opportunity to nominate their employer for the Freedom Award. Nominate your employer by logging on to www.FreedomAward.mil and click nominate at the top of the page.



For more information: www.esgr.mil

— ANNOUNCEMENTS —

SARC News

Military and civilians that supervise military that have not attended either the annual or SAPR Stand down training need to ensure that they complete this mandatory training at the A&FRC 7 Sept 1300 or 8 Sept 1000.

Registration is required on the SARC EIM page: <https://afrc.eim.us.af.mil/sites/440aw/CVK/SitePages/Home.aspx>

SAPR POC: Ms Karen Smith (SARC), 910 394-4551, Bldg 285, Rm 117.

24/7 support is available through the DoD Safe Helpline, 877-995-5247, and the Pope SAPR hotline, 910 394-7272. Additional resources and helpful information can be found at AFRC.WingmanToolkit.org.

Defense of Marriage Act

The Supreme Court's ruling has made it possible for married same-sex couples to be afforded benefits available to any military spouse and family. Effective 3 Sep 13 spousal and family benefits, including ID cards, will be made available to same-sex spouses. Same-sex couples will require a valid original marriage certificate from one of the thirteen states that recognize same-sex marriage (California, Connecticut, Delaware, Iowa, Maine, Maryland, Massachusetts, Minnesota, New Hampshire, New York, Rhode Island, Vermont, and Washington as well as the District of Columbia). Married couples do not have to live in the state that recognizes same-sex marriage to be eligible for DEERS enrollment and ID card issuance.

With this being said an extension of benefits to same-sex domestic partners of service members is no longer necessary and will not be updated into DEERS.

Please direct any questions regarding DOMA to the 440 FSS Customer Support Office at: 440FSS.customersupport@us.af.mil or DSN 424-4477

Company Grade Officer Council

The Company Grade Officer Council (CGOC) is holding their next meeting on September 8 at 0730 at the North Post Starbucks. Brig Gen Scanlan will be joining us and all Lieutenants and Captains are encouraged to attend. Not only is it a great opportunity for mentorship from our Wing Commander, but also for professional development and the chance to network with other CGOs.

We will also be focused on finalizing the HRDC Career & Diversity Day event booth, presentation and food, as well as planning the 2014 combat dining in.

If you would like to support any of the events, but are unable to attend the meeting, please contact Capt Joya Gamara or Capt Elenah Kelly. Hope to see you there!

Fitness Assessment Cell

If you have any questions concerning your Fitness Assessment please contact your unit's UFPM.

Saturday sessions - 0730, 0830 and 0930

Sunday sessions - 0700 (Unit specific), 0800, 0900 and 1000.

PTLs if you need CPR class please contact me or your UFPM well before the UTA, I have classes available.

Remember, your UFPM schedules you for fitness tests but ultimately it is the member's responsibility to know when he/she is due; however the FAC will be working off the AFFMS non-current listing to ensure most non-current members get top priority for testing. Members are encouraged to test during the week while on AT and/or ADSW status. A reschedule of one period of IDT to test during the month is allowed with commander's approval.

Efficient Running clinic will be held on 8 September at 0800 in the GYM, opened to everyone but mandatory for Operation Fit participants'.

See you on the track!

SMSgt Andy Hart, FAC Program Manager

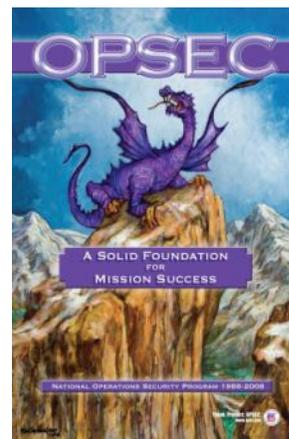
FACPM 394-4287



Briefers Needed

The 440th Airlift Wing is looking for company grade officers and non-commissioned officers to brief distinguished visitors and VIPs.

Please submit CGO names to Col. Schmitkons and NCO names to CMSgt Hart.



— ANNOUNCEMENTS —

GI Bill Transfer of Education Benefits

Post 9/11 GI Bill Transfer of Education Benefits (TEB) requests submitted and approved on or after 1 Aug 13 will incur a full four year service obligation (ADSO) from the TEB request date, regardless of years in service. The 0-3 year TEB service obligations will no longer be available for those who submit TEB requests on/after 1 Aug 13. More information can be found at www.gibill.va.gov.

Course 12 & 14, Senior NCO Academy (SNCOA) completion date has been extended from 30 Sep to 30 Nov 2013. If you do not have all required tests completed by 30 Nov 13, you will be automatically disenrolled and you will have to enroll in the new Course. Reenrollment is not automatic, you will have to enroll on line.

Tuition Assistance application for courses starting after 1 Oct 13 cannot be approved until we are given the go ahead from HQ AFRC. Tuition Assistance payment procedures will be changing. The Wing Education Office will provide more information upon receipt.

For more information contact SMSgt Cheryl Somann at 394-4024 or cheryl.somann.1@us.af.mil

Exec Tip of the Month

All hard copy correspondence requiring review or approval from Brig Gen Scanlan, should have a Staff Summary Sheet (SSS). All SSS will have the following info (at a minimum):

- Action officer (name, unit, contact info)
- Subject
- Purpose
- Background (include pertinent background info, rationale, and discussion necessary to justify action desired)
- Recommendation (state recommendation and include action needed to implement)

Electronic SSS can be used ONLY if documents can be digitally signed. Package OPR's are responsible for determining whether a package must have a wet/hard-copy signature, or if they can be digitally signed. Additionally, packages must be reviewed/approved at the group level before routing to the wing. Please direct questions and requests for specific instructions to the executive support staff at 440aw.css@us.af.mil



JNCO Council

WHO: JNCO Council
WHAT: Initial meeting
WHEN: 7 September 2013 @ 1330-1430 hours
WHERE: Medical Squadron Conference Room, Bldg 399, 3rd Floor



OBJECTIVE: The JNCO Council is an organization comprised of Staff Sergeants and Technical Sergeants. The council will support Pope Army Airfield personnel and the local community. As a non-commissioned officer, members are required to become well rounded Airmen. According to AFI 36-2618, Enlisted Force Structure, Chapter 4, NCO Responsibilities, section 4.1.8. states "Continue professional development through on-and-off duty education. Join professional organizations (for example, base advisory and enlisted councils) and participate in organizations and community events through volunteerism."

We will kick off our first community service project. Please bring any type school supplies to this meeting. We will be donating these school supplies to a deserving Cumberland County Elementary School. Final school selection will be decided by the JNCO Council.

Should you have any questions, concerns, or suggestions, feel free to contact us.

SSgt Miaka Simpson
 (910) 394-1671
miaka.simpson@us.af.mil

SSgt Shaneka Thompson
 (910) 394-3299
shaneka.thompson@us.af.mil

Contact information

Emergency: 911
 Non-Emergency SFS: 910-394-2800/2808
 Chaplain: 910-394-5465
 Safety: 394-8387/8387
 Military Equal Opportunity: 394-3961
 IG: 394-1798
 ALRS/UTA lodging: 910-394-1291
 Comm. Help Desk: 910-394-2666
 Services Customer Support: 910-394-2216
 Military Pay: 910-394-1600/1909/1409/1332
 Travel Vouchers: 910-394-1412
 MPF Customer Service: 910-394-4337/4439
 Patriot Pope/Airlift Support: 910-394-7152/6152
 Airborne Inn Lodging: 910-396-7700
 Wing Public Affairs: 910-394-5533
 Fitness Questions: 910-394-2538
 Pope Operator: 910-394-1110
 Command Post: 910-394-9000

Pope Fitness center hours

Monday-Friday 5a.m.-10 p.m.
 Saturday & Sunday 7 a.m.- 3 p.m.
 For more information, call 394-2671.

— ANNOUNCEMENTS —

Yellow Ribbon

The mission of the Yellow Ribbon (YR) Program is to promote the well-being of Reserve members and their families by connecting them with resources throughout the deployment cycle. Reservists are eligible to attend an event if called to active duty in support of a deployment of 90 days or more. They can attend a pre-deployment event 120 days PRIOR to deployment and a post-deployment event 30 days AFTER deployment orders end. See below for links to other resources that are available:

AFRC Yellow Ribbon----official site for the command highlighting news and promoting resources for reservists.

<http://www.afrc.af.mil/library/yellowribbon/>

Beyond the Yellow Ribbon----connecting families with community resources after Yellow Ribbon Events.

<http://www.beyondtheyellowribbon.org/>



For more info please contact your YR rep: Capt Joya Gamara at yellow.ribbon.pope@us.af.mil or DSN 424-2388.

Drug Demand Reduction office

We want to reinforce a policy guided by AFI 44-120. Airmen are required to update their medical record with any new prescriptions they may receive while not on duty. You do NOT need an appointment to make this update. Go to building 399 and bring the prescription bottle so that the medical staff can update the record.

If you have any questions regarding this policy we can be reached at (910)394-3994.

MDS Schedule Change

The following changes to the MDS schedule will take effect, Sunday, Sept. 8:

- Follow-up appointments (by appointment only) and Immunizations from 0830-1130
- Closed from 1200-1600 for Training. No services offered.

No change to the Saturday schedule.

AFSO 21 Training

The next AFSO 21 class is scheduled for Sept. 16-20. If you are interested in attending or for more information contact CMSgt Danny Formanski, 394-2059 or danny.formanski.1@us.af.mil.

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Certifying "Annual Tour" via AROWS-R

This process allows your information to be entered in the system instantly and eliminates the wait time of back and forth emails. The site is time sensitive; meaning your information (particularly times) must be filled out correctly or with the same attention to detail when submitting via paper copy. Follow the directions below and feel free to contact Finance, TSgt Janker or TSgt Davis for any questions that may arise.

1. Log on to AROWS-R at: <https://arowsr.afrc.af.mil/arows-r/>
2. Go to "**Please Select A Menu**" pull down and select member; (you should see Member Menu & Tour of Duty)
3. Under "Tour of Duty" select **Create Certification**
4. Select **Create** for the correct tracking number and dates for which you are certifying.
5. Enter all pertinent information *.
 - a. The key to this section is the **ARRIVE TIME** in section "AF Form 938 Block 38 A & B" must match the **REPORT DATE TIME** in section "AF Form 938 Blocks 37 – 40.
 - b. The **DEPART TIME** in section "AF Form 938 Block 38 C & D" must match the **RELEASE DATE TIME** in section "AF Form 938 Blocks 37 – 40.
 - c. Were there IDTs in conjunction with this order? (Did you do a UTA immediately before or after this order?)
 - d. Enter Mode of Transportation and Mileage
 - e. Enter Supervisor's OR Certifying member's information and they should receive an email. Please ensure the supervisor/certifier is notified about the incoming email and follows the link to certify you for this order.
6. **Save & Sign** and click OK

Once the supervisor/certifier does their part, you are certified for those days and your information has been entered for pay out.

Shuttle Service

Attention Patriot Pope members and members who utilize the morning shuttle provided by 440th Vehicle Operations. there will be only one pick-up at IHG (formerly Airborne Inn) on Saturday and Sunday of the UTA. The bus will promptly depart IHG at 0630 with no exceptions.

For more information please contact SMSgt Mike Brown at 394-5428 or michael.brown.46@us.af.mil.



— WING HIGHLIGHTS —

PROMOTIONS: Check out who's flashing new rank!

Airman Basic to Airman

Jillian M. Bradshaw, 53 APS
Kou C. Lo, 53 APS
Lexus S. Smith, 440 OSS



Tech. Sgt. to Master Sgt.

Anthony M. Flores, 95 AS
Gregory A. Monette, 440 LRS



Airman to Airman 1st Class

Tyree J. Brewington, 440 SFS
Patrick S. Coleman, 440 MXS
Treshana N. Davis, 440 MXS
Colby B. Drake, 440 SFS
Jordan S. Henderson, 440 FSS
Alyssa D. Johnson, 440 AW
Mesut C. Koroglu, 440 AMXS
Brice A. Miller, 440 SFS
Morgan L. Mills, 440 MDS
Karolyn B. Morrow, 440 MDS
Amy L. Pearson, 440 OSS
Charquasia E. Riley, 53 APS
Sashenka Rodriguez De La Rosa, 440 MDS
Thomas A. Travolina Jr., 36 AES

NEWCOMERS

Welcome the following Airmen to the 440 AW Family

Maj. Christopher J. Splees, 95 AS
1st Lt. Patrick R. Mills, 440 MXS
1st Lt. Sabrina Ruppe, 36 AES
Senior Master Sgt. Lynn Hrisco, 440 OSS
Master Sgt. Dorothy Close, 36 AES
Master Sgt. Michelle A. Copenhaver, 36 AES
Tech. Sgt. Garriel M. Douglas, 36 AES
Tech. Sgt. Sophia M. Ephraim, 440 FSS
Staff Sgt. Cassidy D. Cervenka, 440 AW
Staff Sgt. Maria T. Gonzales, 440 AW
Staff Sgt. John Russel, 440 MXS
Senior Airman Kenneth N. Black, 440 MXS
Senior Airman Bradley J. Davis, 440 SFS
Senior Airman Joshua E. Gray, 440 LRS
Senior Airman Jeannie Hofmann, 53 APS
Senior Airman Ashley K. Lagrow, 440 AW
Senior Airman Kati R. Leonard, 95 AS
Senior Airman Brenda J. McCarthy, 53 APS
Senior Airman Nikolas Medina-Portillo, 36 AES
Senior Airman Ike Smith, 440 FSS
Senior Airman Jerry K. Ward, 440 MXS
Senior Airman Olivia White, 440 SFS
Airman 1st Class Gerame N. Allison, 440 AMXS
Airman 1st Class Crystal J. Blount, 440 LRS
Airman 1st Class Ana E. Curo, 36 AES
Airman 1st Class Rodrick L. Smith, 440 AMXS
Airman Basic Ricky Call, 440 MXS
Airman Basic Traven Z. Forston, 440 FSS

Airman 1st Class to Senior Airman

Liceth D. Bulla Rey., 440 AMXS
Niasia J. Calhoun, 440 OSS
Matthew W. Carocci, 440 MXS
Joseph J. Scott, 440 SFS
Quinton T. Scott, 440 LRS



Senior Airman to Staff Sgt.

Joseph M. Merrifield, 95 AS



Staff Sgt. to Tech. Sgt.

Chad M. Higdon, 440 OSS



Let these Airmen know you are glad they've joined our team

Congratulate these Airmen when you see them!

— AROUND THE WING —



The 440th Security Forces Squadron sent a twenty-member squad to Air Force Reserve Command's "Patriot Defender" Regional Training Center as a part of Class 13-7 from 8-23 June 2013. They competed against 157 individual Defenders from 6 Reserve bases for the "SSgt John Self Top Squad Award" and brought home top honors.



Senior Airman Sarah Snyder, student of the Aeromedical Evacuation Formal Training Unit, assesses medical patients before loading them on the aircraft during a training simulation here Aug. 5. Students are trained on medical procedures as well as aircraft equipment during their training. (U.S. Air Force photo by Tech. Sgt. Peter Miller)



The Commander of the 440th Airlift Wing, Pope Field, N.C., Brig. Gen. James Scanlan, (left) presents the Mission Support Group guidon to Colonel Donald F. Wren during the 440AW/MSG assumption of command ceremony over the August 2013 UTA weekend. Colonel Wren, who served his first 12 years in the enlisted ranks, comes to the 440AW from Wright Patterson AFB, OH, where he served as the Commnader of the 445th Logisitics Readiness Squadron. (U.S. Air Force photo by Master Sgt. Kevin Brody)



Lt. Col. Joe Degado receives the guidon from Col. Sharon Johnson, 440th Maintenance Group Commander, during the assumption of command ceremony at Pope Army Airfield, N.C., August 3. Delgado has 18 years of service and comes to the 440th Airlift Wing from Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force photo by 440th Airlift Wing Public Affairs)

440th Airlift Wing Presents Efficient Running: The Art and Science of Becoming a Healthier and Better Runner

by Lt Col Antonio Eppolito, M.D

- Chief USAF Telehealth & Telemedicine
- 5 Time Air Force Half-Marathon Masters Champion
- 18 year member USAF Running Team

2 hour Hands-On Workshop with focus on...

- **Aerobic Development- Get Faster by Slowing Down**
- **Running Form Made Simple to Prevent Injury**
- **Drills, Strength, and Mobility for Better Performance**

Date: Sun Sept 8th

Location: Hercules Fitness Center **Time:** 0800-1000



Free and Open To All

For questions contact: SMSgt Hart (andy.hart@us.af.mil)