



# CHAMPIONS

**Know of a Check Three Champion you'd like to highlight?** Send us a photo and synopsis of their activity and how they Check 3 GPS in their day-to-day activities. ~Ed.

**Lt Col RAMSTY Siberski and Maj Nerf Douglas**  
53d Wing, Eglin AFB, FL

It's early Wednesday evening, the sun is shining, and the wind is steady from the south. Lucky for us amateur sailors, it's race day. Every Wednesday is the same task: safely, efficiently, and effectively navigate my Catalina 25 sailboat around a race course in the Choctawhatchee Bay. We prepare to max perform the boat and ourselves—often within feet of other boats—the same way every week. We check all the gear: radio, life jackets, water, lines (ropes), fuel, the shrouds that hold up the mast, etc. Once we receive the race course, we go over the plan: Do we need to lessen sail area or change sails? Do we need the spinnaker? Where are we going to start on the line? What tack are we going to use? And we'll finish with a recap of emergency procedures in case someone inadvertently goes swimming. Finally, we assess our skills. RAMSTY has been sailing since childhood and I've been doing it for a few years. Still, we ensure our skills are at the right level for the conditions (weather, people on board, other boats, etc.). If not, we'll power up the motor and pack up for the night. Whenever we get ready to set sail, we always Check 3!



**Maj 'Rex' Kitchen**  
Nellis AFB NV

As Major Kitchen rides past Mirror Lake in Northeastern New York on the start of a 112-mile trek, he is mentally running through his pre-ride checklist of the various components of his Fuji D6 tri-bike. Triathlete "Rex" Kitchen is in the middle of yet another grueling physical test, this time an Ironman Triathlon at Lake Placid, New York. Maj Kitchen, a member of the 64th Aggressor Squadron, ACC's only Air-to-Air OPFOR squadron, also flies F-16C jets to provide high-end threat replication of adversary platforms while training US and coalition warfighters in aerial combat. 'Rex' knows that whether he is "pulling G's" in his F-16C or on the last leg of his 26.2-mile run, the importance of wearing the proper gear, planning for safe and effective operations and operating within your skill set is paramount! Always remember to Check 3 GPS!