



## CHAMPIONS

### Ironmen Ironman™

Colonel Don Borchelt, JB Langley-Eustis, Va. Newly arrived at the 1 FW as Vice Commander, Col Borchelt will now fly once again with the Ironmen: The 71st Fighter Training Squadron, The Ironmen. Ironically, during his off-duty time, Col Borchelt trains and competes in both full and half Ironman distance races. His 2015 race achievements earned his selection into the Ironman All World Athlete Silver Level which is awarded to the top 5% of finishing times worldwide. "Safety is a top consideration when training for triathlons, Col Borchelt said. Always have a plan. Swim with a buddy. When riding, follow all traffic rules, and most importantly, BE SEEN by wearing the proper gear and using strobes and reflective lighting." In addition, Col Borchelt avoids riding very early in the morning or late in the evening. "The longer shadows make it more difficult to see and be seen. If I'm not staying on Langley AFB, I try to do my riding at least an hour or two after sunrise or before sunset. I also don't ride in the rain for an extra safety factor. Whether flying fighters or training off-duty, remember to Check 3: Gear, Plan, Skills."

### YOU RUN HOW FAR? ... FOR FUN

Master Sgt. Eric Haselby, JB Langley-Eustis, Va. If he isn't at his desk in the ACC/HQ Weapons Safety Office, you can probably find him logging miles around the base. With what started as a bucket list item, he has discovered a true passion for running marathon and ultra-marathon distances. In 2016 alone, Eric is scheduled to compete in four marathons, four ultra-marathons, and a dozen of 5K to half-marathon distance races. "The only way to complete these events safely is to train properly." His most daunting adventure of 2016 will be a run across the Grand Canyon with the US Military Endurance Sports (USMES) Team. Starting from the South Rim, Eric will run to the North Rim and back in a single day. Known as "Rim-to-Rim-to-Rim," this 48-mile trek includes over 20,000 feet of elevation change. "You can't fake it; training and preparation are key to survival. If you don't have the proper gear, plans, and skills, you may not make it out of the canyon alive."

**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.

