

From START to FINISH

The long haul of training, competition, personal satisfaction

by Airman 1st Class Jennifer Gregoire
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Two first lieutenants swim 10,000 meters, bike 250 miles and run 45 miles a week as their hobby. Even stranger, they both work on Air Intelligence Agency's Security Hill, are married to each other and both compete on the Air Force triathlon team.

1st Lt. Kris Goodman, tactical information broadcast service/information application flight commander of the 67th Operation Support Squadron and 1st Lt. Steve Goodman, a project manager on the AIA Year 2000 team, first met when they both participated in triathlons while attending the Air Force Academy.

This year they competed in the Armed Forces Championship. Kris came in first for Air Force women with a time of two hours, 14 minutes, and Steve placed second among Air Force men with a time of one hour, 56 minutes. Even more amazingly, they both finished under elite times: men, two hours and women, two hours, 15 minutes.

"When you find you enjoy something, it's easier to commit more time to doing it," said Steve. "I think that's what happened for us over time. You have to start slow. You may not have the fitness to start with, but your training progresses and you get more fit. All the distance requires is your time and patience. Fitness is a big part of it, but it's not everything."

Kris swam competitively for 14 years and Steve competed in all three events separately before they started taking triathlons seriously.

"I think once you're used to work-

ing out, it becomes part of your life and if suddenly that stops, you get bored so you need something else to do," said Kris.

"When I quit swimming, I started running. I initially was a horrible runner. I hated running. I think for me, I was just lucky because I already had the cardiovascular fitness to deal with it. Being able to switch came easily for me," said Kris.

She later found out "I'm not built to be a runner. I'm too heavy to be a woman runner, so I got injured." That's when she began cross training for triathlons.

"I've never started a race that I couldn't finish. If I'm having a real rough day and I'm a little slower

than I'd hoped to be, I'm going to finish the race because that's part of who I am. You can finish walking. No one says you have to run the whole way," said Kris.

Because the location, terrain and distance of triathlons vary greatly, it is difficult at times to monitor improvement.

"You can look back a lot of times at the same race course from year to year and that will be the closest you can get to compare your times. Unfortunately, what you are forced to do is compare your performance against other people that you know have comparable abilities," said Steve.

At the Iron Man competition in Canada, the Goodmans had to swim



photo by Senior Airman Bruce Stouder

1st Lts. Steve and Kris Goodman train before the Iron Man competition in Canada.

2.4 miles, bike 112 miles and run 26.2 miles. Steve completed the course in 10 hours, 26 minutes and Kris' time of 12 hours, 14 minutes qualified her for the October Iron Man competition in Hawaii.

At Hawaii, Kris placed 13th out of 25 participants in her age division and placed second in the women's military division with a time of 12 hours, 59 minutes and 49 seconds. Even with harsh winds and stomach problems at the end of the race, Kris hopes to compete in the race next year.

Steve reflects on the competition in Canada. "In the Iron Man, you start thinking about crossing the finish line way before you even get there.

I remember this year I was having a really good race and feeling strong all the way to the finish line. I was just excited just to have met my objective, that was the culmination of a year's worth of training and work. It's nice to feel like you really got your effort's worth out of it, that relief is great."

"I think what set this year apart for both Kris and I was on more than one occasion we came a lot closer to having our perfect races. When you start having races that you think are close to perfect, more often it's a sign that the combination of elements you're using are closer to correct," said Steve.

"There are still things to improve, but you have to be careful when you experiment you don't change one of the things that were actually making it good in the first place," said Steve.

"You have to do the biggest races on a regular basis because you don't want to fall into a comfort zone where you're just winning your age group at local, small races. It's nice to test yourself against some of the best in the country if not the world," said Steve. "You have to race against them to know how good you really are."

Steve and Kris both hope to compete in triathlons well past their seventies. Only a million miles and hundreds of running shoes to go. ■

Flying high in a Fighting Falcon

by 1st Lt. Ian Draves
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Staff Sgt. Allexiz Johnson, 31st Intelligence Squadron, Fort Gordon, Ga., had never ridden on a roller coaster, much less anything as wild and fast as an F-16D.

She took the ride of a lifetime Aug. 26., as a reward for earning the John L. Levitow Award at the Moody Air Force Base, Ga., Airman Leadership School.

Johnson spent the day prior to the flight on orientation briefings and egress training. Johnson paid particular attention to the egress training because she wanted to know how to exit in a ground emergency, operate the parachute and how to eject in flight.

On flight day, the bright blue, cloudless sky and light winds greeted

Johnson and her copilot, Capt. Joseph "Ghoul" Jacyno.

At 7:30 a.m., Johnson checked in at the Life Support Section to don a flight suit and water survival vest, and to be fitted for a g-suit to protect her body from the high-stress maneuvers performed in flight.

After receiving a weather brief, Johnson and Jacyno headed out to the waiting aircraft.

The Fighting Falcon lifted off the runway at 10 a.m. and headed out over the Atlantic Ocean. After climbing to 17,500 feet, Jacyno performed a loop. He then executed a 4-g turn and pushed the aircraft to supersonic speeds. Johnson was impressed by the high-tech targeting equipment, the air-to-air and air-to-ground combat modes.

When asked if she enjoyed her hour-long incentive ride, she replied, "It was fun, except I got pretty sick."

Asked if she would do it again, she smiled and said, "Yes, but I think I need to go on a few roller coaster rides first." ■



Staff Sgt. Allexiz Johnson, 31st IS, prepares for her incentive flight.



Candis Williams, 1996 high school graduate

Whitney Houston only sang the words, "I believe the children are our future, teach them well and let them lead the way," but the Southwest Independent School District and the San Antonio Air Logistics Center, Kelly Air Force Base, Texas, are living them.

In 1989, they formed an educational mentoring partnership designed to offer positive reinforcement from mature, caring adults who want to boost children's self-esteem and motivation to excel in school. In 1992, the Air Intelligence Agency joined.

The program caters to seven elementary, three middle schools and one high school. This district is one of the fastest growing in Texas, with an average increase of 400 students per year. As the program continues to grow, so does the need for mentors.

Carlos Massiatte, team leader for Integrated Logistics Support, is one of many leading the way.

"It's a rewarding experience for me," Massiatte said. "Having been born on the southside of San Antonio, I have first-hand experience of the barriers children go through to get an education. I know of things impacting the children's ability to learn," he said, reflecting on his own childhood.

Changing lives an hour at a time

by Staff Sgt. Kimberley Young

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Many children fall victim to the peer pressure of gangs and drugs. The number of San Antonio children living below poverty level is one in three, according to the United States Census Bureau.

"We need to work together as a team to help the children out," said Massiatte. "I like to refer to this mentoring partnership as the triangle of success. The program would not be successful if it weren't for the efforts of Kelly leadership, school administrators, teachers, counselors and mentors," continued Massiatte.

Children who are most at risk to quit school are referred to the program through the school's guidance counselor. Mentors offer encouragement and friendship to help a child succeed in school.

After joining the program in 1991, Massiatte was paired with Candis Williams, a sixth grader at the time.

"She was a shy little girl who didn't exude self-confidence and was very reserved," said Massiatte.

Massiatte wanted Williams to be aware of what was going on in the world and where she fit into it.

"This was somewhat new to her," recalled Massiatte, "I told her that one of these days, it will pay off and will help her in the future."

Over the next seven years, Williams found herself writing future goals and objectives focusing on college.

She soon realized education is one way to pave the road to opportunities. Just as Jiminy Cricket led Pinocchio through the rough times to achieve his dream of becoming a

real boy, Williams had Massiatte to help guide her toward her dream.

Now, in place of that shy little girl, stands a mature, self-confident young woman ready and willing to take on any challenge. She served as the Southwest High School Council president and authored a play.

Although Massiatte feels he played a small part in her success, he was proud as he watched her walk across the stage during graduation ceremonies last year.

"I felt great!" he said. "I'm a better person for knowing and watching her grow over the years."

Today, Williams is enrolled in the nursing program at San Antonio College.

Massiatte always told her that everyone needs to dream. "She knows where she's heading in life and I'm going to start mentoring my second student in the near future," he said.

"One hour, once a week is all that's required," said Sally Sobey, AIA's co-program manager and volunteer for the mentoring program.

A person doesn't have to be a teacher to be a mentor, she explained.

Training classes are provided and there are no special requirements.

Today, 145 AIA members are involved in the program, helping develop solutions to ease local, educational problems by supporting and motivating students to overcome academic difficulties through increased self-esteem.

Winston Churchill once said, "We make a living by what we get, but we make a life by what we give." ■

