

Sunburst FORWARD



'The Misfits' win the Marathon Poker Run relay race

JOINT BASE BALAD, Iraq – Five Soldiers from the 13th Sustainment Command (Expeditionary) won the relay portion of the Marathon Poker Run held April 3 at Joint Base Balad, Iraq.

Lt. Col. Steven Logan, the combat historian with the 13th ESC and a Lexington, Ky., native, 1st Lt. John Saindon, the chief environmental officer and a San Antonio native, 1st Lt. Navin Penvari, the officer in charge of supply and service and a Chicago resident, Sgt. 1st Class Joseph Taylor, noncommissioned officer in charge of engineering and a resident of Copperas Cove, Texas, and Staff Sgt. Jeffrey Erickson, the noncommissioned officer in charge of general support operations and a Eureka, Ill., native, completed the 26.2 mile race in 2 hours, 53 minutes.

"I read about the race on the (Joint Base Balad) website," said Logan. "I haven't had the time to train for a marathon, but I noticed that they offered a relay option. So I thought that would be a good way to train-up."

It is an individual and team approach, overall it is a team effort, said Sain-



Staff Sgt. Jeffrey Erickson, noncommissioned officer in charge of general support operations for the 13th Sustainment Command (Expeditionary) and a Eureka, Ill., native, and 1st Lt. John Saindon, a San Antonio resident and chief environmental officer for the 13th ESC, cross the finish line of the Marathon Poker run held April 3 at Joint Base Balad, Iraq. Saindon and Erickson's relay team, The Misfits, took first place with a time of 2 hours, 53 minutes.

don about the structure of the relay marathon.

"I like this mixture, where you put in 100% and so does the next guy, and the overall, encompassing mixture is a team effort."

When it came time to pick a name for their team, Saindon suggested 'The Misfits,' which he felt described the unique backgrounds of the team members.

"Each of us is from a different section," said Saindon. "We have two NCOs, two junior officers, and one senior officer."

To add to their diversity the team comprised of the different Army components, Active Duty, National Guard, and Reserve, said Taylor.

With the name chosen, the team began to train for their portions of the race, said Taylor, who ran approximately three times per week to prepare.

"If you have a decent (physical training) program throughout the year, then you only have to make minor adjustments to run something like this," said Taylor. "If your PT is

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Misfits (continued)

lacking, don't think you're going to go out and run 26.2 (miles) or even five."

Motivation is a key part to the driving force of preparing to achieve a goal, said Logan.

"It's a better way to focus my workouts if I have a goal," said Logan. "If I don't have a goal, like the Army Physical Fitness Test, or a race, or some type of competition, I can plateau or fall into ruts or take short-cuts. If I have a goal, I'll push myself harder."

The team aspect of the marathon also motivated the runners to improve during the training, said Logan.

"I knew I would be the slowest member of the team, and would need to improve my score," he said. "Again, I wasn't thinking about winning. I just needed to be able to hold up my end of the bargain."

Support and motivation for team members was a major factor in preparation, said Logan.

"My run times have definitely gotten better, because I would run on the treadmill next to (Taylor), and he would put me to shame every day," said Logan. "That would make me mad, and I'd run harder the next day."

While the team was excited to win, and proud of their accomplishment, the camaraderie was just as important, said Taylor.

"It shows that five people who didn't necessarily know each other at the start of this rotation, people of all ranks and all services, can get together for a common goal and go out and have some fun," he said.

Training together and interacting together created a strong sense of team spirit among the runners,

said Logan.

"I enjoy running with people, because you really get to know them," said Logan. "When you run with people, they talk about things besides running. Running is the catalyst, but people will talk about how they structure their workout routines, or what kind of music they like to listen to. I've found that running with a group is a way to find things out about people that you may not know otherwise."

While the Misfits likely will not get a chance to defend their title due to members redeploying, Taylor has some advice for any teams who wish to challenge.

"Just hope that we don't show up again."

What is your favorite part of spring time?



Sgt. 1st Class Ashley P. Baker, human resources NCO, 13th ESC.

"The beginning of softball season."



Chief Warrant Officer Archie Clark, human resources technician, 13th ESC.

"Warmer weather means less clothes, more comfort."



Master Sgt. Darryl M. Brown, human resources NCOIC, 13th ESC.

"My son's birthday."

Photos from Iraq



Get to know your 13th ESC Soldier: Human Resources Manager

Lt. Col. Angie Holbrook: Born in Magnolia, Ark., Lt. Col. Angie Holbrook was the oldest of three kids and grew-up in Little Rock, Ark. She graduated from Texas Christian University in Fort Worth, Texas, in 1991 with a dual bachelor's degree in Journalism and English.

During college she played soccer, but it was her ROTC Scholarship which helped her pay for school.

Holbrook said while none of her siblings are in the military, her grandfathers' service inspired her.

"I was always enamored with the profession," said Holbrook. "It seemed very honorable. Also, as an athlete all my life it seemed like a natural fit."

Holbrook was commissioned in the Air Defense Artillery Corps in 1991 and took command of a Hawk Missile Platoon at Fort Lewis, Wash.

"I just missed Desert Storm!" she said.

When the Hawk missile system was decommissioned three years later, Holbrook took advantage of her branch detail assignment and did on-the-job training for a year before heading off to the Adjutant General Corps Captain's Career Course.

During her time in the Army Holbrook has served with units from Fort Lewis, Wash., Korea, to Fort Carson, and, currently, the Great Place - Fort Hood.

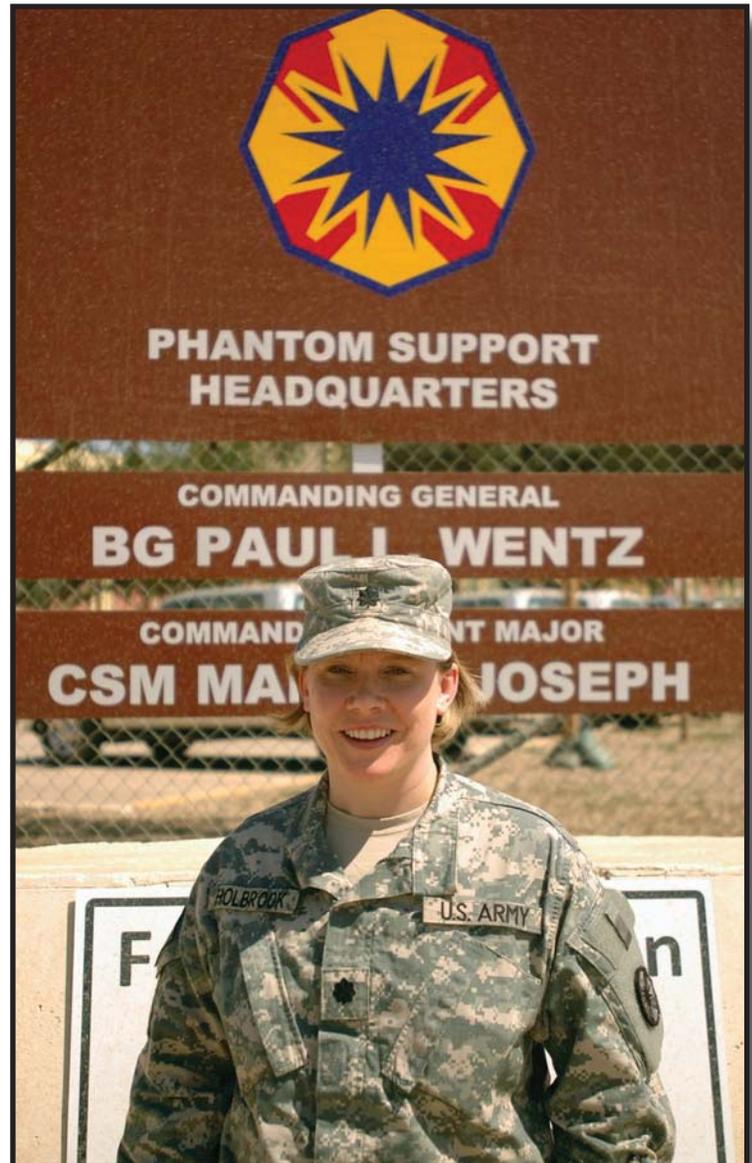
From Fort Hood, she deployed to Iraq for 15 months with III Corps Human Resources.

"It's interesting because I was here at the height of the surge and now I'm here again as we drawdown," said Holbrook. "So, I get to see both sides of the mission."

Now, serving as the 13th ESC G1 (Human Resources Manager), Holbrook says she owes her success to her team.

"It's a great team, everyone works hard everyday."

Holbrook's situation is somewhat unique because of her dual military family. Her husband, Herb, after a seven year break in service, re-joined the Army after the events of September 11, 2001, and is now on his way to becoming a major. They also have an "amazing" 10 year old son, Adam.



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