



*This we'll defend*



Army Ten-Miler shadow runs were held in Iraq, Afghanistan, Kuwait, Romania and Kosovo while over 17,000 runners crossed the finish line in the 23rd run held at the Pentagon. Military personnel, allies, civilian employees and contractors – all in harm's way with boots on the ground – ran at Camp Tombstone, Helmand Province, Afghanistan (left); Camp Bondsteel, Kosovo (below top); Camp Adder, Tallil Airbase, Iraq (below bottom) and in Camp Buehring, Kuwait (see story).

# Shadow runs

## Deployments don't keep soldiers from competing in Army Ten-Miler

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**CAMP BUEHRING, Kuwait** — A 101st Airborne Division soldier has won the 23rd Army Ten-Miler, held for the fourth year in the Kuwait desert.

Sgt. 1st Class Thomas Kunnmann won the men's title with a time of 1:01:09. He said the physical fitness program at Fort Campbell, Ky., helped prepare him for the race.

"We do a lot of cardio at Fort Campbell," Kunnmann said. "All that running got me ready to compete in the Ten-Miler."

The course started on Eisenhower Road and took runners along the perimeter of the camp.

Runners were placed in run categories based on age. Each age bracket had three top finishers.

There also was an overall female winner of the race, Maj. Chandra Roberts, Multi-National Corps-Kuwait, posted a time of just under 1:22.

More than 800 service members and civilians from 3rd Army/U.S. Army Central camps gathered to run.

While the Army Ten-Miler has been

run for 23 years in the U.S., this was the fourth consecutive year it was also held at the desert camp.

The race is the highlight of autumn, said Ebon Morris, Camp Buehring's Morale, Welfare and Recreation coordinator. He said a lot of work went into making the race happen.

"We had to get everyone on the same page," Morris said. "Everyone, from the commanders down to the dining facility managers, was in on the planning of this race."

The Ten-Miler began in 1985 when 1,600 runners started and crossed the finish line in the District of Columbia. At the 23rd running, 17,600 runners crossed the finish line at the Pentagon.

The Army Ten-Miler is ranked the largest 10-mile race in the United States.

The top finishers said preparation is essential to compete in such an event. Roberts said she ran every day, sometimes as far as nine miles a day to get in condition to run.

Whether they walked or ran, every person who started the race finished it.

"This is not something you can do on a whim," Allen said.

"You have to be physically ready to run that long distance or you're in for a world of hurt."

