

Army North Soldiers join 25,000+ runners for Army Ten-Miler

Story by
Sgt. 1st Class Manuel Torres,
Army North PAO

WASHINGTON — Army North Soldiers laced up their running shoes and scrambled to the starting line, along with more than 25,000 fellow runners Oct. 9, as they geared up for the start of the renowned Army Ten-Miler.

The Army North competitors bobbed and weaved their way through thousands of runners for the first couple of miles on the streets of Washington; it was only then that they were able to truly stretch their legs and concentrate on the pace and competing in the race.

Maj. Daniel Welsh earned bragging rights as the top finisher for Army North's team. He soared along to an impressive 59th place overall on the day with the time of 55:32. Averaging a blistering five minutes per mile, he was the 10th active-duty member to finish.

"The key is to get and maintain

a good pace," said Welsh. "It's difficult to do so with everyone running at the same time."

Welsh, who also competed in the 2010 race, understands the challenges in maintaining the commitment and dedication required to compete with the fastest runners in the Army.

"It's been difficult to maintain a constant training regimen," said Welsh. "With all the other responsibilities in life, training for this event was second to my family and my responsibility at work."

With Army North's mission to execute the Department of Defense's homeland defense and civil support operations in the land domain, many ARNORTH personnel frequently travel throughout the United States to help support, train and validate DoD response forces.

Members of this year's team were executing the ARNORTH mission in different states throughout the year, which precluded the opportunity to train

together as many would have liked.

"We had a good team this year," said Staff Sgt. Michael Graham, a plans and operations noncommissioned officer who also earned honors as Army North's NCO of the Year. "After mile four, I realized that it was just the beginning of the race. I had such a long way to go."

The race tracks the teams as well as the individuals, with the times of the runners being combined to create the team's total time. Ultimately, the team finished 23rd out of the 47 active-duty teams and 109th of 596 total teams entered in the race.

Graham and his fellow runners earned their spots with the team through a series of races during the months prior to the competition.

"It's a great opportunity to run this event. Not only am I representing Army North, I'm representing the Army, and I'm proud to be here to see this many people supporting us in the run," said Graham.



Photo by Sgt. 1st Class Manuel Torres, Army North PAO
WASHINGTON — Command Sgt. Maj. Eddie Fields, senior enlisted leader, Headquarters and Headquarters Battalion, U.S. Army North, and Lt. Col. Shannon Miller, commander, HHBn, flank the members of the Army North running team: Maj. Bryan Juntunen, G3 operations; Staff Sgt. Michael Graham, plans and operations noncommissioned officer and Army North NCO of the Year; Sgt. 1st Class Enrique Castro, battalion personnel noncommissioned officer; Sgt. 1st Class Robert Rose; communications noncommissioned officer; Maj. Daniel Welsh, information operations officer. The teammates stopped at the Army North display inside the Fort Sam Houston tent Oct. 9 as they prepared for the kickoff of the Army Ten-Miler in the North parking lot of the Pentagon.



Photo by Sgt. Maj. Eric Lobsinger
WASHINGTON — Skydivers from the U.S. Army Golden Knights help kick off the start of the Army Ten-Miler race Oct. 9 with a tandem aerial demonstration as they jumped in to the starting line in the North parking lot of the Pentagon. The skydiving team was one of the several attractions for visitors and participants of the annual running event.

