

In Her Own Words

A member of the 1996 Commander's Cup team winning team, Fort Hood, Tina Klein (formerly Galindo) returns to the ATM for the 7th time. Klein, MPA is the founder of Balanced Running LLC as well as Vamos "Let's Go" Running Inc. in Georgia.

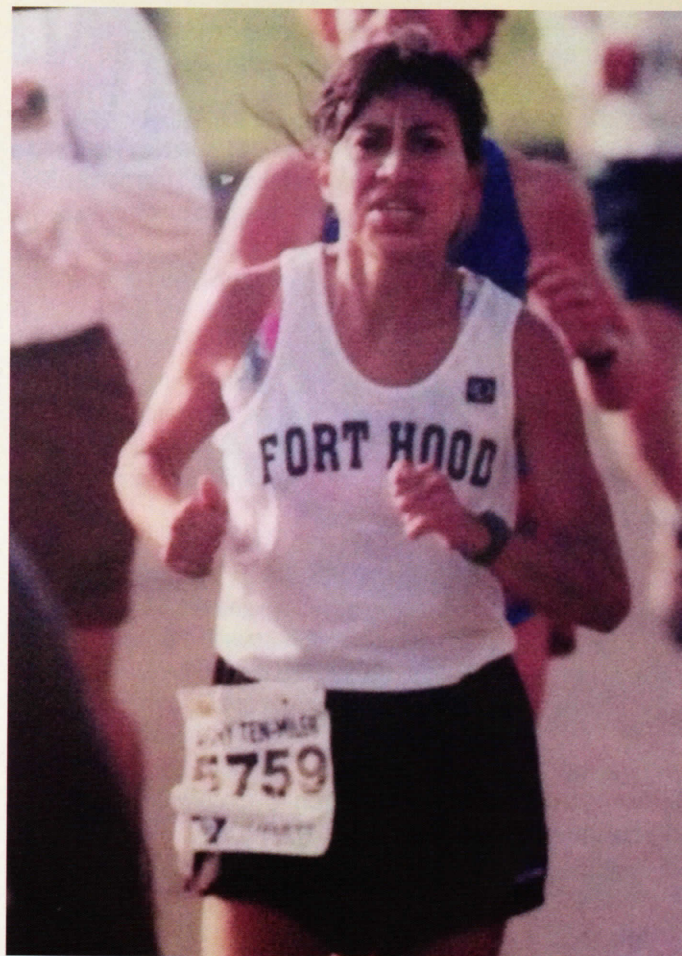
Get to know Tina Klein > > >

What is your most memorable ATM experience?

I was a CPT in the US Army with the 3rd Corps, Fort Hood, Texas. I was a member of the Fort Hood Commanders Cup Team in 1995 and 1996. In 1996, we won the Cup and bragging rights. I finished the race in 1:10:31 minutes.

What are you most proud of in your running career?

I am currently 6th in the world in the Masters Indoor 3000m. I represented the United States at the Budapest, Hungary World Masters Athletics Indoor Championships in March this year. I ran a 12:37.33.



What do you like best about the ATM?

The Salute Guns at the start of the race with the Pentagon in the background and the moment of silence right before that. I think about the Soldiers who aren't here to run. The race is very patriotic and as an Army veteran that makes it even more special. Not all races play the National Anthem. When the Colors are presented and the National Anthem is played you can hear a pin drop. The runners and spectators and everyone stop in their tracks to show respect.

In your own words describe ATM spirit.

It is about the camaraderie from the start to the finish. On the course you can hear runners and volunteers encouraging other runners to 'keep it up' and cheering them on to keep them motivated. I like to do that too. Seeing the Wounded Warriors in the wheelchairs and running with prosthetics adds its own kind of spirit to the race. Watching them compete and give it all they've got makes me do the same.

How does it feel to compete in the ATM?

It's intense. I like to compete in all races but the Army's race has special meaning to me as a former member of a Commanders Cup winning team. That pleasant memory goes through my head when

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the world in difficult conditions, then I can be tough for the next 10 miles." Throughout the race we will catch up to Wounded Warriors competing in wheelchairs and with prosthetics and I feel honored to be on the same course experiencing the same race conditions, crowd sounds and energy as them. Even though I am tired, I make an extra effort to encourage the ones that I pass by.

What do you think about when racing?

When I race with a group I am constantly monitoring myself and where I am within the pack. When I run alone, I concentrate on my rhythm. I don't run with headphones but will repeat lines from songs over and over in my head...many times the last song that was playing at the Starting Line.

What is the one race you are still trying to conquer?

I want to win a Masters cross country championship. I have finished 2nd twice...at 40 and 43 years old. In 1988, I won the junior cross country championship 10K and would like the win the Masters to have "bookends"...although time is running out!

What advice do you have for new runners?

Don't get caught in the 'no pain, no gain' philosophy trap. Listen to your body and make sure your easy days are 'easy.'

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I come out to compete at the ATM. At the 2013 ATM, I was battling back and forth with a Marine - he would pass me and then I would pass him. It brought out the Soldier in me and pushed me harder. I wasn't going to sit back and let that Marine beat me.

What do you think about when racing?

I think about different things depending on the length of the race. During shorter runs I tend to think about the things my coach told me and I focus on my technique and heart rate. During longer runs I focus on my technique and breathing as well but I also pray to God, meditate...it is my spiritual time.

As a running coach, what advice do you have for new runners?

Set a goal and train for it. Find a race you want to run in and register for it. Once you take that first step, you are a step closer to fulfilling your goal.

- Find a training program that works for you
- Running with a group or partner will help you stay accountable and keep you on track
- Make sure that you have the right training gear - cotton is rotten for running apparel - and shoes

What is your mantra?

I live by 3D vision - desire, drive and discipline. It is important to have those three characteristics to successfully reach your goals. Put your plan in place and be accountable.

You are really involved with the health and fitness community. What are some things that you do?

As a community leader in PreventObesity.net it is important to me to work with obese children and adults in Metro Atlanta. The best health insurance you can have is being and staying active, the cost of 4.9 days in a hospital is \$18,142 versus \$65 for an 8 week training program that will improve your quality of life through running and walking. I'm a certified RRCA running coach and Pilates instructor, volunteer coach with the Boys and Girls Club, mentor to underprivileged children, ambassador for lululemon clothing, and heavily involved in rescuing Retired Racing Greyhounds and Weimaraners.

I am the founder of Balanced Running LLC and Vamos "Let's Go" Running. As a Hispanic, I've realized that the Latino population is growing in numbers as well as in girth, the objective is to help this population become a healthier community. The goal for Balanced Running LLC is to help you live a balanced life and help non-active people reach their untapped potential. Vamos Running is a non-profit running club that I'm in the process of standing up. I want to use this as an outreach vehicle to Hispanic communities and military veterans and their families.

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