

ON THE RUN

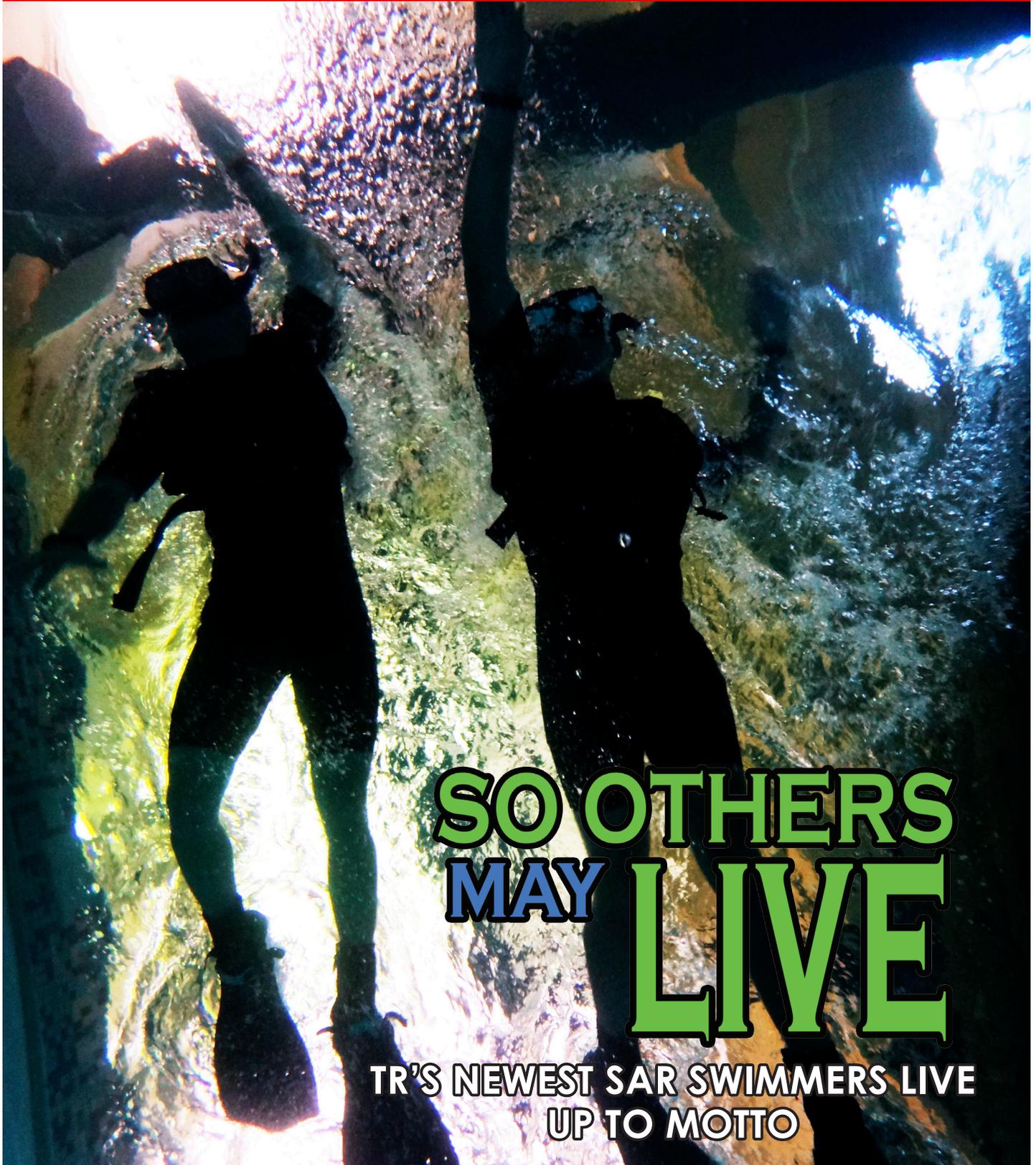
Half marathon challenges Sailors

BACK TO SCHOOL

Sailor takes advantage of benefits

USS THEODORE ROOSEVELT

ROUGH RIDER



**SO OTHERS
MAY LIVE
LIVE**

**TR'S NEWEST SAR SWIMMERS LIVE
UP TO MOTTO**

Sailors stationed aboard USS Theodore Roosevelt (CVN 71) participate in the Rock n' Roll Half Marathon Sept. 2 along with thousands of other runners from the Hampton Roads area.



ON THE RUN

ROCK N' ROLL HALF MARATHON CHALLENGES SAILORS

Story and photos by
MCSN Casey Cosker
USS Theodore Roosevelt (CVN 71)
Public Affairs

Sweat, sneakers, and rock n' roll set the scene in the early morning at the Virginia Beach oceanfront Sept. 2 as thousands of runners from around the Hampton Roads area prepared to run 13.1 miles down the beach.

In addition to runners and rockers from all walks of life who arrived to compete in the Rock n' Roll Half Marathon, Sailors from USS Theodore Roosevelt's (CVN 71) run club showed up to represent the ship's dedication to fitness.

The Rock n' Roll Half Marathon is an annual event which not only provides the challenge of running a half marathon, but also includes free concerts by rock musicians. This year's lineup included Train and Cheap Trick.

The idea for having TR Sailors participate in the event and all the coordination came from a member of the club, Interior Communications Electrician 3rd Class Laura Auer.

"The run club has been involved in

about eight races this year—both participating in the races and volunteering at races," Auer said. "Our participation has grown throughout the year."

The race started at approximately 7 a.m., so many of the runners had to leave their houses very early in the morning to beat traffic and make it to the starting line on time.

"I woke up really early, and I'm a little bit tired," Marley Oldham, TR's fitboss, said on the morning of the race. "Now that we're here with the music going, I'm very excited. I'm ready to have a good time."

The Rock n' Roll Half Marathon was one of many events TR's run club has participated in, according to Oldham.

"We've done several runs," she said. "This is one of our bigger runs that we've been planning for a while—probably the run with the most participation. This is our first big race."

Although running 13 miles sounds like a challenge fit for only a select few Sailors,

Auer said both junior and senior crewmembers showed up for the race.

"We had everyone from myself and [junior Sailors] all the way up to [senior officers]," said Auer.

The race was led by Olympic athletes from around the world, guiding the thousands of runners on a winding route through downtown Virginia Beach and along the city's boardwalk.

After the race, Auer said that she felt exhausted, but happy with her time.

"I was satisfied with my performance for how it was," she said. "It was very humid."

Auer was instrumental in putting the word out to TR Sailors that they could run in the half marathon through TR's run club.

"We sent out several emails inviting members of the run club and members of the command to join us for the race," she said.

Auer said she has a passion for running. After having participated in track and cross country in middle school and high school, she gave it up in college – only to pick it back up again after joining the Navy.

"I was looking for a positive, recreational way to release stress, and I decided to try running again and really fell in love with it," she said.

Now Auer wants to share her love for running through TR's run club, which she coordinates with the help of Oldham.

"We want to show that running can be fun and social and still be a great workout," Auer said.

Sailors interested in participating in future runs through TR's run club can contact Auer or Oldham.

"I'm looking forward to future races," Auer said.



Sailors from USS Theodore Roosevelt (CVN 71) pose for a group photo outside the Virginia Beach Convention Center in Virginia Beach, Va. prior to running the Rock n' Roll Half Marathon Sept. 2, 2012.



Story and photo by
MC3 Austin Rooney
USS Theodore Roosevelt (CVN 71)
Public Affairs

MAKING TIME SAILOR TAKES ADVANTAGE OF NAVY'S EDUCATION BENEFITS

"I just don't have enough time."

This is probably the most common excuse Sailors use for not taking advantage of their tuition assistance (TA) money to take college courses while in the Navy. For the amount of Sailors who say they joined the military to get money for school, a surprising amount still say they simply do not have enough time to attend any courses.

Onboard USS Theodore Roosevelt (CVN 71), this excuse carries some truth – after all, the ship is ramping up its efforts to leave the shipyard and return to sea, which means longer working hours for everyone onboard. But does that really mean there is no time to attend classes?

Not according to Personnel Specialist 2nd Class Gokhan Sozeri. Along with his demanding job in TR's Personnel department, Sozeri juggles his efforts in studying for advancement, studying for his warfare pin, raising a child as a single parent, volunteering at the Humane Society and maintaining a social life. On top of all of this, he still found time to pursue a master's degree in Network Management

at Strayer University, while also attending Tidewater Community College to obtain an associate degree in Network Security.

"The Navy was offering to pay for me to take classes, so I decided I wasn't going to waste that opportunity," said Sozeri. "I won't say it's easy, but it's worth it."

Sozeri, who already has a master's in Program Development, said he enjoys college and sees it as an investment for the future. With Perform to Serve (PTS) and Enlisted Retention Boards (ERB) separating Sailors from the Navy, having a degree can help ensure a smooth transition to civilian life or improve chances of retention or promotion.

In Sozeri's case, two master's degrees and an associate degree probably won't hurt either.

While Sozeri prefers to attend classes in person at local campuses, Sailors can also attend class online or take tests using the CLEP program. Sozeri said he has taken advantage of these programs as well, with help from the Educational Services Office (ESO).

"You can't just sit back and hope the command will take care of you," said Sozeri. "Nobody is going to hold your hand and walk you through the process – it takes initiative."

Working around a Navy schedule can be difficult, but Sozeri said it is far from impossible. Since Hampton Roads has a strong military presence, many local schools have years of experience dealing with Navy students and can help accommodate their unusual work schedules.

"We have many military students," said Robert Guess, a network security professor at Tidewater Community College. "We've dealt with their schedules before, and we do everything we can to accommodate them."

While he doesn't expect everyone to attempt two degrees at once, Sozeri said he'd like to see more people try to at least earn a few credits while on active duty.

If you are interested in taking courses, stop by the ESO.

The end of another workday in the Navy is drawing near. There is a calm about the ship as Sailors, exhausted from a hard day's work, prepare for a good night's rest. It seems to be a typical day out at sea – that is until the distress announcement is made, calling, "Man overboard!"

As the crew makes its way to assemble with their divisions for muster, rescue swimmers aboard the ship swiftly don their gear. Every second that passes could be the difference between life and death for the shipmate who has fallen overboard. Within a matter of minutes, the rescue mission is underway and rescue swimmers enter the frigid waters doing what they are trained to do – save lives.

Whether it's a Sailor who has fallen overboard or pilots who have ejected from their aircraft, Search and Rescue (SAR) swimmers embrace their motto: "So Others May Live."

On July 20, Aviation Ordnanceman 2nd Class (AW) Joshua Conway and Operations Specialist 3rd Class Nicholas McGrady graduated from U.S. Navy Rescue Swimmer School (RSS) at Naval Air Station Jacksonville, making them USS Theodore Roosevelt's (CVN 71) newest rescue swimmers. TR's Search and Rescue program is currently being rebuilt in preparation for the ship's departure from the shipyard and return to the fleet.

As prior special program candidates, Conway and McGrady said they were drawn to SAR by its familiar environment and the challenge it offered.

"I was an Explosive Ordnance Disposal (EOD) candidate," said Conway. "I feel at home in the water."

McGrady, a prior Basic Underwater Demolition/SEAL (BUD/S) student said he was seeking a physically demanding goal.

"I was looking for a challenge," said McGrady, who hopes to return to Navy SEAL training in the future. "I thrive on challenges."

After clearing medical evaluations, the Sailors passed their Physical Screening Test (PST), consisting of a minimum set number of pull-ups, sit-ups, push-ups, a one and a half mile run, and a 400-meter swim - all with strict time limits. Conway and McGrady then packed their sea bags for four weeks at RSS.

According to McGrady, the RSS program encompasses many physical training evolutions. Running an average of six to 10 miles

Taking the plunge

SAR SWIMMERS HEAD TO POOL FOR TRAINING

a week and swimming two to three miles a day helps prepare students physically for the tests they must pass before they can graduate.

"It wasn't that difficult going into a physically demanding environment," McGrady said. "However, most people wouldn't have been able to graduate RSS without the physical training pipeline."

To graduate from SAR school, swimmers must complete an 800 meter swim within 20 minutes, 25 meter underwater swims, and a 400-meter buddy-tow in less than 16 minutes.

"A good buddy-towing technique is essential," explained Conway. "It is how you maneuver your survivor in the water. You lose the use of one arm and you're pulling the added weight and drag of another person, which is grueling considering tides, the currents, and waves in the ocean."

It's not all physical conditioning at RSS. Swimmers are taught basic lifesaving procedures, such as approaches, carries, escapes, and releases, as well as more advanced techniques, like parachute canopy escapes and parachute disentanglement procedures.

Back onboard TR, Conway and McGrady continue their in-rate work while performing their SAR collateral duties.

"At times it can be challenging to balance my normal working day, in-rate training, studying for ESWS and carrying out the duties of a SAR swimmer," McGrady admitted. "At the end of the day, it is all worth it to me. There is no better feeling than knowing I can save someone's life. You might call it a responsibility, but I call it a privilege."

As SAR swimmers, Conway and Mc-

Grady must conduct maintenance on their gear and rescue equipment to ensure readiness. Additionally, they attend weekly training at Norfolk Naval Station to stay proficient in SAR tactics and up-to-date on the latest procedures, CPR and first aid.

"We are very thankful to have chains-of-command that understand the importance of maintaining our qualifications and knowledge of our vital lifesaving techniques by allowing us to attend SAR training," Conway acknowledged. "Each day highlights a different set of extremely important skills needed to save lives in all sea states, weather conditions and times of day."

TR's SAR program is still in its early stages of preparedness for the fleet. Spearheaded by the SAR Officer, Lt. j.g. Christopher Bourque, efforts are underway to ensure the success of TR's SAR readiness.

Sailors are still needed from the ship's crew to serve as SAR swimmers. Those interested in taking up this challenge should direct enquiries to Bourque, Conway or McGrady.

"One of the reasons anyone would want to be a part of SAR or any special program is because of the brotherhood, said Conway. "It takes a certain type of person to run towards an emergency instead of from it."

"It's an amazing feeling knowing you're a part of something not everyone can or is able to do," said McGrady. "Challenge yourself!"

For more information about the SAR program, email Bourque at bourqucw@cvn71.navy.mil, Conway at conwayji@cvn71.navy.mil, or McGrady at mcgradnk@cvn71.navy.mil.



Aviation Ordnanceman 2nd Class (AW) Joshua Conway and Operations Specialist 3rd Class Nicholas McGrady, assigned to USS Theodore Roosevelt (CVN 71), returned to the pool to continue their search and rescue (SAR) swimmer training at the Fleet Recreation pool in Norfolk, Va., Aug. 30. McGrady and Conway recently graduated SAR swimmer training in Jacksonville, Fl.

Story and photo by MC2 William McCann
 USS Theodore Roosevelt (CVN 71) Public Affairs

AVIATION BOATSWAIN'S MATE (FUELS)



The thrill and danger of working on something as powerful and dangerous as an aircraft carrier's flight deck may seem like a job for only a true adrenaline junkie - but raw nerve is only one of the many characteristics needed for the job.

Confidence, assertiveness, attitude, and commitment are all required traits for any Aviation Boatswain's Mates (Fuels), and when a mistake could potentially put everyone's life at risk, nothing less will do.

Affectionately referred to as "Grapes"

because of their purple flight deck jerseys, ABFs play a major role in the launching and recovering of US Navy aircraft on both sea and land. An integral part of this massive feat is aircraft fueling and fuel systems.

"We provide three million gallons of JP5 for flight operations", said Chief Aviation Boatswain's Mate (AW/SW) Ernest Carter. "Without us, a pilot would be a pedestrian."

The AB rating was officially introduced as a Navy rating Sept. 6, 1944, and found its way to fleet personnel on Sept. 14, 1944. On Sept. 22, 1960, BUPERS notice 1440 completely revised the AB rating to branch into the ratings of ABE, ABF, and ABH, which became official on Jan. 1, 1961.

Some duties performed by ABF's include operating, maintaining, and performing maintenance on aviation fueling equipment utilized by all Navy ships which are capable of carrying aircraft.

"There is an adrenaline rush working

with the aircraft as they take off or touch down," said Carter.

They also maintain fuel quality and control in aviation fuel systems, as well as the training and supervision of firefighting crews in fueling and lubricating oil spaces.

"Our rate translates to civilian jobs," said Carter. "Petroleum engineers, that's what we do."

The Aviation Boatswain Mate (Fuels) community is a sea-intensive rate, full of thrill and danger - but most ABFs say they wouldn't change a thing about it.

"Our sense of family, and unity is what bonds us together," said Carter. "They call us 'The Grapes' because you never see us alone, you always see us in bunches."



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HONOR COURAGE COMMITMENT

EARN YOUR COMMISSION

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- #5 best undergraduate engineering program
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- Division I varsity sports



BASIC ELIGIBILITY

- Top performer
- Strong leadership potential
- U.S. Citizen of good moral character
- At least 17 but no older than 23 on induction day
- No dependants or children
- Not married or pregnant

FOR MORE INFORMATION PLEASE CONTACT:

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 (410) 293-1839 OR DSN 281-1839
 EMAXWELL@USNA.EDU
www.usna.edu/admissions

PHOTO OF THE WEEK



Operations Specialist 3rd Class Nicholas McGrady (left) and Aviation Ordnanceman 2nd Class (AW) Joshua Conway (right), assigned to TR, conduct search and rescue (SAR) swimmer training at the Fleet Recreation pool in Norfolk, Va., Aug. 30. McGrady and Conway recently graduated SAR swimmer training in Jacksonville, Fl. Photo by Seaman Eric M. Norcross



PHOTO FIND

Can you find the 9 out of place items in this photo?

1. McLovin
2. Leperchaun
3. Earth
4. Mouse
5. Grenade
6. Penny
7. Mickey Mouse
8. Ring
9. Cat

WANT TO ADVANCE?

It's that time of year again - advancement season is upon us!

If you have not yet started studying, check out www.navybmr.com or NKO for helpful study resources and other ways to prepare for the test.

All exams will be held at the Hampton Roads Convention Center in Hampton, Va.



E5
Exams will be held on Sept. 13



E4
Exams will be held on Sept. 20

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All items for publication in the The Rough Rider must be submitted to the editor no later than three days prior to publication.

Do you have a story you'd like to see in the Rough Rider? Contact the Media Department at 534-1406 or stop by 3-180-0-Q.

ROUGH RIDER OF THE WEEK

“ I WORK REALLY HARD, I HAVE A POSITIVE ATTITUDE, AND I DO WHAT IS ASKED OF ME. ”

LN2 LUIS GARCIA

PRIMARY DUTY

WORKS ON ADMINISTRATIVE SEPARATIONS

QUALIFICATIONS

BASIC DC, PETTY OFFICER OF THE WATCH, 3M 301

GOALS

KEEP ADVANCING, EARN SURFACE AND AIR WARFARE QUALS, START WORKING TOWARD BECOMING AN OFFICER. WILL COMPLETE A BACHELOR'S DEGREE IN RISK MANAGEMENT AND ASSURANCE BY THE END OF 2013.