



## Welcome From the BC

By Hilary Frego



Greetings family and friends of the Golden Knight Battalion. It is my privilege to be the Battalion Commander. I am excited to kick off another successful Golden Knight Battalion semester, and am anxious to begin the rigorous training that our Cadets endure each year. Each year our battalion has continued to grow and this fall we are honored to have our largest battalion yet; consisting of 107 Cadets involved in the program.

On August 20<sup>th</sup> the Golden Knights proudly welcomed 38 Freshmen Cadets attending SUNY Potsdam, Clarkson, Saint Lawrence, and SUNY Canton into the Army ROTC program. Among some of our events throughout the semester, we sent 17 Cadets as well as 4 Cadre members to Washington, D.C. on the

weekend of October 4<sup>th</sup>, to compete in the annual Army Ten Miler. We also participated in several other local runs to include the Lake Placid Half Marathon, and have the Frozen Foot 4 milers up throughout the remainder of the school year. Additionally, our Ranger Challenge team has been vigorously training to prepare for the competition that took place on October 23<sup>rd</sup>. Through hard work and determination the team was successful in completing each event. During the last weekend of October the Cadets participated in our first field training exercise of the year at Seven Springs and Stone Valley. This event trained them in garrison operations, land navigation, and squad tactical exercises. Throughout this event Cadets were tested on the skills they have learned during their

weekly ROTC classes and labs.

Finally, I would like to thank the families and friends of the Golden Knight Battalion for their continued support, it is greatly appreciated. We look forward to meeting each and every one of you at the upcoming Dining Out. Be sure to mark the date on your calendars; February 27, 2010! With the Holidays coming up a great gift to give your Senior Cadet would be Dress Blues for the Dining Out and Commissioning ceremonies. Please stay tuned for future newsletters informing you about the Golden Knight Battalion.

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### Golden Knight Battalion

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### SPECIAL POINTS OF INTEREST:

- *Dining Out 27 February 2010*
- *Army Vs. Air Force ice hockey game 27 February 2010 (Tentative—Time: TBD)*

# Army Ten Miler

By Dylan Morphet

Making a 24 hour round-trip car ride to Washington, D.C. and back in a crowded van is only made worth while by one thing: getting the opportunity to run in the largest and most exciting 10 mile race in the nation.

On October 4<sup>th</sup> of this year, the Golden Knight Battalion sent two teams to Washington, D.C. to compete in the Army Ten Miler (ATM). Representing the teams were Cadets Charles Rugg, David Pecka, Jennifer Zanghi, Christian O'Connor, Patrick Knight,

Matthew Wilsey, Gunnar Gramlich, Geoffrey Vantine, James Wheeler, Colby Sortevik, Jayson Keys, Mark Lucas, Erin McTarnaghan, Dylan Morphet, Hilary Frego and Owen Rand. Accompanying the teams were Battalion Cadre LTC John Hinrichs, MSG Mark Empey and MAJ Scott Toth and CPT Ryan Hunt. The two teams finished with a competitive finish of 16<sup>th</sup> and 23<sup>rd</sup> place out of 56 schools that participated. Seven Cadets placed in the top 2000 out of 30,000 runners and one more placed in the top 600. The average run time for the competitors was an astonishing 1 hour 11 minutes.

Preparation for the ATM began this past April, when over twenty cadets in the battal-

ion stepped forward with their desire to run. With help from the battalion's sponsor, the Northern New York Association of the United States Army (AUSA) chapter out of Fort Drum, sixteen cadets were able to register for the race. Since then, the competitors have logged countless miles, building their physical condition for yet another strong showing amongst the ROTC running teams. The Golden Knight Cadets claimed the first place overall trophy for ROTC teams two years ago, and plan on doing so again in the future.

Before running in the race, the Cadets had the opportunity to see the sites around Washington, D.C. After watching the revered Changing of the Guard ceremony at Arlington National Cemetery, Cadets were allowed to tour the barracks and preparation room for the Honor Guard quarters and have their questions answered by active Honor Guard members. Afterwards, they also visited

some other national landmarks, such as the Air and Space Museum, the Washington Monument, the Lincoln Memorial, the Pentagon and, from a distance, the White House. While picking up their race packets, Cadets were also able to visit representatives from various Army units and learn about modern unit operations, to include participating in some state of the art virtual reality scenarios.

After the race, everyone replenished their energy with food and excitement as they visited over 60 of the HOOAH tents, representing many of the Army's posts, units and special teams. There wasn't a doubt in anyone's mind that the grueling ten miles was well worth the festivities and satisfaction.

The Golden Knight Battalion would like to thank the Bierwirths for their hospitality. We have sent at least one team to the ATM for the past three years, and plans on sending many more in the years to come.

## Army Ten Miler



# Cadet Robishaw Competes in OCB Yankee Classic

By Chris Robishaw



Hi, my name is Christopher Robishaw, and I am a senior at Clarkson University, and also happen to be a competitive, amateur bodybuilder. It all started back in between my junior and senior years of high school when my buddy got me to go and get a summer gym membership with him. Over the summer and during the school year, I started weight lifting, and we knew but one thing, the “beach muscles.” We had to do chest and biceps almost daily and, if we felt like it, maybe some other muscle groups. With the help of my swim coach, I was able to shed some of my ignorance, and increase focus and intensity in the gym. Soon I was growing by leaps and bounds. I went from being the short “husky kid” to winning the “big man on campus” award senior year, compliments of my bench press. I began competing as a power lifter, and have always placed top 2 in all of my contests, and currently hold the record at the SUNY Potsdam competition. It is something I still do in the off season. As fate would have it, I would begin babysitting for a professional, natural bodybuilder. I learned a lot from him, not by him telling me, but by watching. I observed his diet, and he even took me to some of his shows. This sparked

mass amounts of self study, and a new interest. I began to appreciate well roundedness, shape, and symmetry. I had a great training partner in the gym at home, with whom we continuously challenged each other, pushing ourselves to overload each and every time. My body began to transform through college, growing more as I became more knowledgeable of training and

diet techniques. By the end of my junior year I had decided to compete. I went to my first show in July of 2008, the OCB Yankee Classic in Massachusetts. My only hope was that I did not get last. I ended up placing 2<sup>nd</sup> in my class. I was truly stunned, and I experienced one of the most rewarding moments of my life. At the 2009 Yankee, I placed 3<sup>rd</sup> in my class. Bodybuilding, most will say is won by 50% of what’s done in the gym and the other 50% from dieting. For 10 weeks prior to all of my shows, my meals, supplements, and workouts are planned for each day. I have to plan ahead, and pack meals everywhere I go, there is no winging it. The toll no carbs takes on your body is unreal, draining you physically and mentally. I always get the comment, “oh you can just have this piece of pizza (or other carbohydrate based food), and it wont bother you, just work it off tomorrow.” Well it doesn’t work that way at all, and as you get closer, it posses the ability to be completely detrimental to your physique, and there is no easy fix. You can ask those around me about the person I’ve become 7 weeks in, and it’s not very nice. You become extremely fatigued in all aspects of your body, pushing it to its

limit. For my latest show on October 24<sup>th</sup>, it was the first one of which I competed in while at school. It worked out well; I went there with my best physique ever. The extra cardio sessions from PT in the morning helped to drive down my body fat, beyond what I could achieve on my own. The Army and bodybuilding are very similar in that they are both very regime oriented. The discipline from the Army definitely translates, because without the utmost self discipline, you will fail as a bodybuilder. Bodybuilding perks also carry over to the Army side as well, as I hold the battalion record for push-ups. They are both chosen lifestyles that entail loads of dedication and hard work, but they are ultimately very rewarding. Lastly, a thank you to all those who have, and continue

## Alumni News

### Deployed Alumni

- 1LT Andrew Dalton ‘07 (Afghanistan)
- 1LT Mary (King) Dyson ‘07 (Iraq)
- 2LT Danny Cunningham ‘08 (Afghanistan)
- 2LT Bill Toft ‘08 (Iraq)
- 2LT Adam Karboski ‘08 (Iraq)
- 1LT Mark Lynch ‘07 (Kenya)
- 1LT Ryan Brown ‘07 (Iraq)
- 1LT Christopher Kittle ‘07 (Afghanistan)
- 1LT Nicholas Beiniks ‘06 (Afghanistan)
- 1LT David Beale ‘07 (Afghanistan)
- 1LT James Padgett ‘07 (Afghanistan)
- 2LT Chris Giovino ‘08 (Iraq)
- CPT Matthew Cahill ‘05 (Afghanistan)
- CPT Justine Peters ‘05 (Iraq)
- CPT Daniel Peck ‘05 (Iraq)

## Ranger Challenge Competition

By Mark Lucas

The Ranger Challenge competition takes place each fall semester at Fort Devens, in Massachusetts. Every year Cadets from around the country participate in this competition for the camaraderie that the competition brings out in each team. This year was especially difficult because we had 22 Cadets try out for the team but only the top ten on the team could compete.

The Ranger Challenge team has faced several challenges this year. Some of which include a completely redesigned competition, both physically and mentally, with demanding PT sessions and being one of the smaller schools competing in the competition. Training started out in early August for most of the team and continued until the weekend of October 24<sup>th</sup>. Unlike the competition in previous years, we have had to not only train physically for the competition but also learn more technical aspects of the Army such as patrolling, combat life saving, and assembly and disassembly (A & D) of

an M-16 A2 rifle. The events that we trained for and participated in were Land Navigation, One Rope Bridge, A & D, Hand Grenade assault course, Field leaders reaction course



(FLRC), a combat life saver test, a patrolling exam, and the final event was a 10k Ruck Run in full gear, 35lb ruck sack, and an M-16 A2 rifle.

Overall the team did very well in each event, placing in the top 5 in several events. The Clarkson team placed 13<sup>th</sup> out of 21 schools in 2<sup>nd</sup> Brigade. We are now prepared for the future and have learned from the competition. We now know what preparations we have to make in order to come back and win next year. "No Retreat, No Surrender" was our team motto and we stuck by that throughout the competition by never quitting and doing everything we could to stay competitive. We are always looking for new faces to join the team or to just work out with us. Next fall we are encouraging Cadets to join us and possibly be the future leaders of this awesome experience.

## Cadet Empey's First FTX

By Sean Empey

My name is Sean Empey. I am an MS1 Cadet at St Lawrence University. I participated in my first Field Training Exercise (FTX) October 29<sup>th</sup> through October 31<sup>st</sup>. It was an incredible experience. On the afternoon of the 29<sup>th</sup>, we had company formation and moved into Old Snell which served as our barracks for the night. I roomed with 5 of my squad members. After chow we conducted a small Night Land Navigation course in the Back 40 behind Clarkson. I did my Lane with Cadet Strait and we found all four of our points. We then returned to the barracks to view a safety brief on cold weather injuries. After that we analyzed the different forms of leadership present in a clip from We Were Soldiers. Then it was time for lights out. Reveille was at 0450 the next morning and after packing our rucks we were driven to Seven Springs to conduct Day and Night Land Navigation. We had to conduct two Day lanes and one Night lane. During my first Day lane, I went out on the course with

Cadet Addington and we located 7 out of our 8 points within the five hour time limit. The second lane I conducted on my own but this lane was cut short due to the weather conditions. On the three hour Night lane I went out on the course with Cadet Olszewski. Night Land Nav was much more difficult than Day, to say the least and we did not locate all of our points. Although it was a very long day these lanes helped increase my skill with Land Navigation and my confidence. After Land Nav was over we set up a bivouac in the woods and slept under the stars. Reveille on Halloween was again at 0450 and we were driven to Stone Valley to conduct our Squad tactical exercise (STX) lanes. Some of the lanes included were a Traffic Control Point, Move-to Contact, and Knock out a Bunker. These lanes were all conducted with paintball weapons or rubber rifles. My favorite lane was the Traffic Control Point because it is conducted on a daily basis by Soldiers in



Iraq and Afghanistan. It forced my squad to deal with a Security Checkpoint, interacting with the locals, the possibilities of civilian interference, and other tactical challenges. It was also the most fun lane because of our opposing force, Bucky and Cadet Mitchell, who made the lane a very good learning experience. After our STX lanes we returned to Old Snell for a final formation, an after action review and dinner. This completed the FTX. I thoroughly enjoyed the FTX because it helped me put the skills I have learned to use and become more confident in them. The FTX also helped the Battalion become closer because of the tight-knit nature of the events. I was very happy

# Army vs. Air Force Soccer Game

By Charles Rugg



the Army and Air Force ROTC programs consisting of soccer, ice hockey, and basketball. With new uniforms and returning most of the starters from last year, while also adding three new freshmen starters this team was ready to beat their opponent. During the year we prepared for the game with weekly practices and up to three intramural games a week. This year's team was coached by sophomore Josh Risewick, looked to an aggressive style of play with an attack that was designed to strike at any moment, and would feed off of fast breaks. The high power scoring that the Army team is

The Army ROTC soccer team started off this years competition for the coveted "boot" with a decisive 7-3 win on the soccer pitch, before a large crowd of parents and friends. The "boot" is a three part athletic competition between

capable of was apparent during parents weekend when the scoring started with an upper corner shot from Matt Wilsey. Jimmy Wheeler added another goal on a corner kick displaying a hook similar to David Beckham, Steve Strait added a pair

chipping one in over the goalie and using his head to redirect a cross in from the outside. Also adding to the touchdown were Adam Riberio and Charles Rugg, Jeff Phillips finished the scoring by tapping in a goal that started coming down the field with a nice three way passing play. Senior Goaltender Brian Bierwirth will be missed next year for his superior leadership and his sliding saves. This years team will return all of it's other starters, and they look to build upon their domination of the Air Force team. With a 1 to 0 lead in the best of three series Army is looking forward to its next event, ice hockey. The Knights look forward to the Ice hockey with a new french connection and bitter from last years loss that will be sure to entertain, and keep the Air Force Cadets on their heels, securing the "boot."

# Army vs. Air Force Soccer Game



# Marine Corps Marathon

## By Geoff Vantine

This past fall I had the distinct pleasure of having the opportunity to run in the Marine Corps Marathon, “The People’s Marathon.” The marathon itself is the 9<sup>th</sup> largest in the United States and is held every fall in the heart of our Nation’s Capital. It is open to all runners and this year the 34<sup>th</sup> running of the Marine Corps Marathon featured some thirty thousand runners.

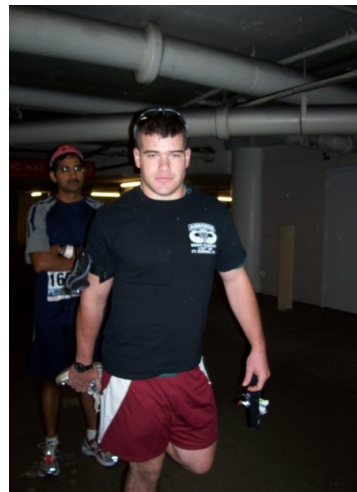
I first decided to run the Marathon back in early April and over the summer began training for it. Training consisted of progressively long runs throughout the summer on the hilly dirt roads around my home in Vermont. Later, as we returned to school I began running around the town of Potsdam and into Canton along the acclaimed Baghdad Rd. Keeping to a strict training regime proved difficult in relation to PT exercises in the morning as the types and goals of each are drastically different. Making the best of it, however, I used the Army Ten-miler only a few weeks prior as a quick warm up before flying

down to Washington, D.C. the weekend of October 25<sup>th</sup>.

Being that it was my first marathon I did not know what to expect. I surely did not expect the sheer volume of runners and spectators, as it took me near a half hour to reach the start point after the start cannon sounded. The crowd was tight and for the first ten miles it was necessary to bump elbows, run through ditches and weave all over the road to get out ahead of the mob. Fatigue truly began to set in around mile eighteen and the physical toll on my body was becoming present. As I reached the finish line however I drove on and crossed with a time of 4h:25m:30sec.

After crossing the finish line the feeling of achievement can only be described as indescribable, shadowing the agony that began to ravage my battered body. It was a great feeling having the finishers medal draped over me in the silhouette of the great Marine Corps Memorial. I fully intend on running Marathons in the future and hope to run the NYC Marathon in 2010 with the goal

of a sub 3h:50min. Until then my running



goals will be focused towards the upcoming summer and the now seemingly short two mile portion of the APFT at LDAC.

## The Year So Far

