IRONMAN ON CAMPUS

Cadet Joseph Barber, an MS IV at the University of Texas at San Antonio, UTSA, has always taken health and fitness seriously. Studying Exercise Science, or Kinesiology, at UTSA, Cadet Barber always searches for new ways to increase not only his personal fitness level, but his education and experience in the world of health and fitness. It was merely a hobby prior to matriculating at UTSA; however, it has since become his way of life. While the typically college student spends his weekend at parties or munching down on pizza in front of an Xbox, Cadet Barber can be found training for upcoming races, volunteering with the Big Brother Society, raising money for the Leukemia and Lymphoma Society, tutoring, holding the position of Executive Officer within his ROTC Battalion, all while maintaining a 4.0 GPA. When asked why Cadet Barber replied with, “The philosophy that I live by is to always, on a daily basis, attempt to improve myself in all aspects of life, whether that be physical, mental, academics, professional, spiritual, and even romantically. You will only get out of life what you put into it. In the end, if you don’t like the results, you have no one to blame but yourself.”

Since 2004, Cadet Barber has consistently sought to become what is rarely sought after: an ultra-endurance athlete. First it was the local 5K fun run, then a 10K, and before he knew it, he was running marathons. Now, Cadet Barber trains and races year round. Whether it’s a marathon, ultra-marathon trail run, or a triathlon, Cadet Barber can be found on a starting line at least one a month, looking for yet another way to test himself. Each year is a new challenge, and this year the challenge was the Ironman Triathlon.

For those who aren’t familiar with such terms, I’ll clarify. A marathon is a run consisting of 26.2 miles, while an ultra-marathon consists of anything beyond that of a marathon, typically between 30-100 miles on rocky and rugged terrain. A triathlon is a multi-sport event consisting of swimming, biking, and running, consecutively for varying durations. The Ironman Triathlon is the most intense triathlon, consisting of a 2.4 mile swim, 112 mile bike ride, and a 26.2 mile run, all of which must be completed within 17 hours in order to be called an “Ironman.”

This year alone, Cadet Barber has completed 2 marathons, two 50 mile ultra-marathon trail runs, and 3 triathlons, the longest being Ironman Coeur d’Alene, in northern Idaho. The remainder of this academic year, prior to Commissioning, Cadet Barber’s race schedule is just as full. His most important races in the coming months are Ironman Cozumel (Mexico) in November and his first attempt at a 50 mile ultra-marathon in February. Will he stop at 50 miles? When asked that very question, Cadet Barber just smiled and replied, “I guess we’ll find out after the 50 mile; although I heard there’s a 100 mile held every May in Canada.”

ARMY DEFEATS AIR FORCE IN COMMANDER’S CUP

Since the inception of the annual Army Air Force football game at UTSA, the ROTC programs have been eager to claim the rights of the Commander’s Cup – a trophy signifying the “bragging rights” of the two ROTC programs. This year, the Army ROTC Road Runner Battalion took home the honors, beating the former champions by the score of 53-47.

UPCOMING EVENTS

Sunday October 16th-18th at Camp Bullis.

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