

DDRT Recognized for Donating Blood

By Marilou R. Nelson, DDRT Information Assistant

The Texarkana United Blood Center honored Defense Distribution Depot Red River, TX (DDRT) with the Four Seasons Award in recognition of DDRT's longtime support of the center's blood drives.

The blood center brings the Blood Mobile to DDRT eight times each year, and there are 30-40 individuals who donate each time. "We are proud of the donations made by our DDRT employees and we know that each donation helps save a life in the community," said LTC Hugh Talley, USA, DDRT Commander.

Marilou R. Nelson, who has served as the DDRT Blood Donor Coordinator for DDRT for 10 years, accepted the award on behalf of DDRT.



Marilou Nelson of DDRT (center) is pictured with reigning Miss Arkansas Whitney Kirkland and Allen Bass, Community Relations Representative for the Texarkana United Blood Center.



DDRT's Phillis Henderson is one of the many faithful employees who donates blood as often as she can.

DDSP Employee Runs Walt Disney World Marathon

Herb Messner, Manager of Community and Family Activities at Defense Distribution Depot Susquehanna, PA (DDSP) completed the Walt Disney World Marathon on January 11, 2004, in Orlando, FL.

Competing alongside 12,000 other runners in the 26-mile event that was held at Walt Disney World Resorts. The course included portions of all four Disney theme parks—Epcot Center, Magic Kingdom, Animal Kingdom and MGM Studios.

This was Messner's fourth marathon and so far he rates this one as his favorite course. "Some people might think it's corny to have Disney characters starting a race or being along the course as spectators, but I found it to be an enjoyable experience," said Messner. "I liked running through the theme parks while they were empty; it gives you a whole different perspective of the layout."

Messner also enjoyed the other activities that took place over "Race Weekend" including a Health and Fitness Expo, 5K Fun Run and Children's Run. Also, he

enjoyed the social atmosphere at the hotels as most guests were marathon, half marathon entrants, or family members. Messner's least favorite aspect of the race was the 3:00 a.m. bus pickup time to the starting area, especially considering the race didn't start until three hours later.

"It's about beating that little voice in your head telling you to slow down or stop. When you ignore that little voice, you've won."

In addition, the 30 degree morning temperature was a bit uncomfortable while waiting for the race to start.

Messner completed the distance of 26 miles in four hours, thirty-two minutes, putting him in 2,979th place overall, and in 70th place as a male finisher in his age group.

Messner offered his philosophy on

why people run this far of a distance with little chance of winning: "You don't get into these marathons expecting to win anything. I do it to set goals and build up a training regimen in hopes I can improve my time from a previous marathon. You can also set sub-goals like finishing the 2nd half faster than the first, or not walking any portion of the course, or how well you run the last three miles. It's not about beating someone else to the finish. It's about beating that little voice in your head telling



DDSP's Herb Messner completed the 26-mile Walt Disney World Marathon along with 12,000 other runners.