

## DDBC Wins SDDC Small Shipper Award

Defense Distribution Depot Barstow, CA (DDBC) received the Surface Deployment and Distribution Command (SDDC) Small Shipper Award April 2005. The award recognizes consistent accuracy and on-time documentation for export



*Demetrio Sanchez holds the SDDC award. Sanchez is the small parcel transportation clerk for EG&G, the contractor who performs DDBC's mission work, and played a major part in DDBC getting the award.*

cargo in 2004. DLA activities competed against more than 1,300 Department of Defense shippers for these honors.

The award was presented during SDDC's 2005 Training Symposium in Nashville, TN.

## DDPH "Ironwoman" Brings Success to Work

*By Jessica Walter, DDC Command Affairs*



Defense Distribution Depot Pearl Harbor, HI (DDPH) Materials Handler Supervisor Ruth Lockett recently said she was retiring from Ironman competitions after the tenth time she completed the swim through rough, choppy ocean water followed by more than 100 miles of biking up hills and topped off with a marathon run in the Hawaii heat.

But how can you stop a woman who bikes up to 200 miles a week, swims five miles, runs at least 20 miles and has competed in 10 Ironman triathlons?

You don't.

Since beginning to compete in triathlons 18 years ago, she has completed so many that she has lost count. Her last competition was in April when she placed third in her age group, and she's planning to do another in June.

Although she says the tenth Ironman was her last, she doesn't plan on retiring from triathlons. "I love the sport," said Lockett who considers the events a personal challenge and describes the moment of crossing the finish line as the greatest feeling of accomplishment. "It's my own special moment in time."

Even through the Ironman's 2.4-mile swim, 112 miles of biking and 26.2-mile run, the thought of quitting never crosses her mind. "I just think about getting to the finish line."

Lockett considers triathlons to be learning experiences that have taught her how to take small steps to accomplish large goals. "It has given me the strength and courage that anything is possible."

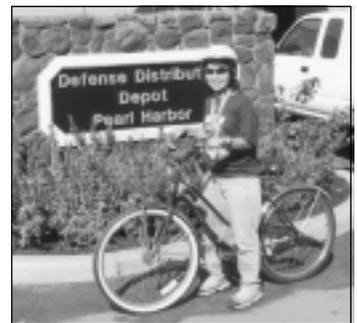
As a warehouse supervisor, Lockett encounters challenges every day and it's her "never quit" attitude that makes those challenges her favorite part of the job.

"Dedication, discipline and hard work are the qualities a person needs to in order to achieve this level of athletic success, and they



are the same qualities that make Ruth an outstanding employee who demonstrates her commitment to America's Warfighters each day," said CDR Joe Vitelli, SC, USN, DDPH Commander.

Lockett has competed in Ironman triathlons all over the globe including Hawaii, Japan, Australia, Canada and New Zealand.



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