



VOLUNTEERS WHO VOLUNTEER FOR THE ARMY TEN-MILER

A Look at How the U.S. Army Cadet Corps Helps Prepare for Their Unpaid Services Each Year

With more than 1,200 volunteers and 70 different groups that turn out every year for the Army Ten Miler (ATM) and the Health and Fitness Expo, it is safe to say that the ATM volunteers play a huge part in the success of each race weekend. The ATM volunteers find the experience engaging with runners while adding excitement and energy to the annual event and helping out anyway possible. From working the hundreds of water tables that line the course to passing out t-shirts at packet pick-up to directing spectators, civilian and military volunteers alike work tirelessly making it possible for the race to run smoothly.

For the past five years, the United States Army Cadet Corps (USAC) - a non-profit youth education organization, which works in support of the Army, but is not part of the Army - has been volunteering their time and services in Washington, DC on ATM race day. Headquartered in Millersburg, a town located right outside of Lexington, Kentucky, the organization takes great pride in their country and a strong belief in its founding principles.

Essentially, the Cadets (ages 12-18) are volunteers who volunteer. The volunteer Army Cadet Corps includes about 50 individuals from across the country that are made up of Cadets and adult staff who will represent the USAC this October on ATM race day. These young men and women will arrive race weekend and are staying in Annapolis, MD on yard patrol boats provided by the

U.S. Naval Academy docked in the Chesapeake Bay. Before the sun rises on race day, the group will shuttle into the District of Columbia in a convoy of personal vehicles and assist with the set-up at water stations located at mile markers throughout the race course. These wee hours of the morning will consist of filling thousands of water cups and preparing for the runners to pass. Once the runners approach, each Cadet enthusiastically distributes water and Gatorade and cheers them on - providing necessary thirst quenching services and reinforcement.

While staying in DC the Cadets will also visit the Arlington National Cemetery to lay a wreath at the Tomb of the Unknown Soldier, take a special tour of the Capital and Pentagon and will continue to show their dedication and support to the Army.

Tracing its lineage to 1909, the USAC is the oldest and longest-serving Cadet organization nationwide utilizing the spirit, traditions, and models of the U.S. Army to develop and strengthen the body, mind, and spirit. The U.S. Army Cadet Corps achieves its goals through military discipline, dedication, motivation, responsibility and accountability.

Joseph M. Land, Sr., who holds the USAC rank of colonel and is the Corps' volunteer Chief of Staff, wanted the Cadet Corps to have a stronger presence in the race after seeing the ATM's Missing Parts in Action team (or Wounded Warriors) compete. "The Wounded Warriors teach us that no matter what life throws at you, you persevere," says Land. "They really send an important message to everyone at the ATM but especially to the Cadets."

By traveling to the nation's capital and volunteering for the ATM, each Cadet has the opportunity to grow and develop through personal experience, increase a level of self-reliance, self-confidence, and absorb personal and national pride.

For more information on the U.S. Army Cadet Corps, go to www.goarmycadets.com.

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