

2004 Coast Guard Elite Athletes of the Year



LT Kerry G. Karwan

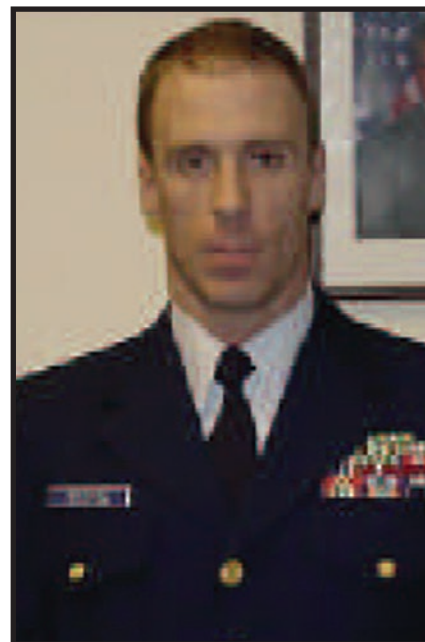
LT Kerry G. Karwin, who is stationed at the U.S. Coast Guard Marine Safety Office Houston - Galveston is the Coast Guard Elite Female Athlete of the Year. LT Karwan has been one of the best female volley ball players in the Coast Guard for the last ten years. In 2004 for the fourth consecutive year, she was selected to participate in Armed Forces Volleyball competition as part of the Navy's Women's Volleyball Team. Although the Navy team finished third in Armed Forces competition, LT Karwan was selected to compete on the Armed Forces (All-Star) Women's Volleyball Team, representing the

United States Military in the Conseil International du Sport Militaire (CISM) Volleyball Championships held in Kingston, Canada. Standing only five feet six inches tall, LT Karwan earned a starting front row position on the United States Armed Forces Team, earning a Bronze Medal as the United States team finished third behind Italy and The Netherlands. LT Karwan also gives her free time back to her local community. She has been an active supporter of a Houston area food bank and every week for the last three years she has volunteered and tutored elementary school children in a local school.

CWO2 Steven J. Chief Warrant Officer Christopher E. Whitlock, who is stationed at the U.S. Coast Guard Personnel Command, is our Elite Male Athlete of the Year. CWO Whitlock has distinguished himself in triathlon competition. By many accounts, CWO Whitlock should not be alive. In October 2001, his active lifestyle came to an abrupt end after he broke his back in a swimming accident. While in the hospital for three months, complications nearly took his life and his doctors advised him that even walking normally might be impossible. Almost three years to the day later, CWO Whitlock competed as part of the Coast Guard Team in the Ironman Triathlon World Championship, held in Kona, Hawaii. Although the Coast Guard Team finished fifth among the Service's teams in the grueling 2.4-mile open ocean swim, 112-mile bike ride, and 26.2-mile marathon, CWO Whitlock finished

eighth out of the fifteen military team members. He was the first Coast Guard Team finisher with a time of 10:50:53 and he finished 417th overall out of more than seventeen hundred competitors.

CWO Whitlock projects an image of the ideal Coast Guardperson going well beyond his accomplishments in his military duties and in the athletic arena. CWO Whitlock has coached and motivated young athletes, both military and civilian, encouraging them to reach their potential in both athletics and in their overall personal well-being. CWO Whitlock's current community outreach efforts include time spent counseling others on the ill effects of alcohol abuse and other potentially harmful additions. He has volunteered his weekends to serve food and supply needed goods to less fortunate citizens at local homeless shelters.



CWO2 Christopher Whitlock