

# 2006 Coast Guard Elite Athletes of the Year



**ENS Rachel Beckmann**

ENS Rachel Beckmann, is stationed aboard USCGC HEALY, Seattle, WA. ENS Beckmann has distinguished herself as one of the best female triathletes in the Coast Guard. ENS Beckmann was instrumental in the Navy's Team winning the silver medal in the Armed Forces Triathlon Championship held at Point Magu, CA on 21 June 2006. During her first-ever Armed Forces competition, she won the individual bronze medal with a time of 2 hours, 2 minutes, and 28 seconds and was voted as one of our Armed Forces best triathletes by the tournament coaches and Services' Sports Directors. ENS Beckmann was then selected to represent the

U.S. military in the 13th Conseil International Du Sport Militaire's Triathlon Championship held in Satenas, Sweden on 4 July 2006. ENS Beckmann finished 15th out of 33 female participants with a time of 2 hours, 19 minutes, and 22 seconds in the women's elite class. ENS Beckmann also gave back to her community through an active involvement in the Big Brothers/Sisters program and by volunteering to act as an Aid Station Worker for the 2006 Ford Ironman competition in Panama, FL.

AETCM Michael Ferreira, is stationed at Coast Guard Air Station Barbers Point, HI. MCPO Ferreira has distinguished himself as one of the best male triathletes in the Coast Guard. MCPO Ferreira participated in over twenty local, national, and international running and triathlon events throughout the year, garnering six first place finishes in his age category. These events included two marathons, one duathlon, six triathlons, two Half-Ironman triathlon competitions, and one full Ironman triathlon competition. His athletic pursuits not being bound by the Hawaiian Islands, MCPO Ferreira traveled across the Pacific Ocean to participate in the

Armed Forces Triathlon at Point Magu, CA. He continued east across the Atlantic to participate in the 13<sup>th</sup> Conseil International Du Sport Militaire's Triathlon Championship in Satenas, Sweden, where he placed 9<sup>th</sup> in his age category. Giving back to the community, MCPO Ferreira serves as a coach and mentor to athletes of all ages and walks of life, encouraging fitness and healthy living. He additionally brings his abilities to the Meals On Wheels program for the Lanakila Rehabilitation Center, Honolulu, HI through which he aided in providing over 2,000 meals to homebound senior citizens on Christmas Day.



**AETCM Michael Ferreira**