

2002 Coast Guard Elite Athletes of the Year



LT Amy B. Grable

LT Amy B. Grable has been selected as the 2002 Coast Guard Female Elite Athlete of the Year. LT Grable has distinguished herself in the sport of distance running. LT Grable competed in a number of distance races during the last year, setting a personal record at the 2002 Marine Corps Marathon with a time of 3:48:12. In 2002, she also competed in her first ultra-marathon at the 2002 John F. Kennedy (JFK) 50-mile Trail Run as a member of an all Coast Guard team. Her team placed 4th in the military division. LT Grable's individual time for the 50-mile event was 9:48:16. LT Grable also ran the anchor leg of the 2002 Hyannis Marathon Relay finished in 2nd place on a mixed open team. LT Grable also competed in the Boston Marathon, the Reach the Beach

200-Mile Relay and the Columbia Metric Marathon. Along with three other Coast Guard members, LT Grable coordinated with state and local authorities, mapping out a challenging 7.4-mile race course, soliciting donations, creating a website, and baking over 200 cookies in order to raise several hundred dollars for a local Animal Rescue Fund. LT Grable continues to serve the community mentoring a fourth grade student in the Partnership in Education (PiE) program and handing out food to the homeless with the "Doing Something" organization. LT Grable also plays in the Chesapeake Bay Lighting women's ice hockey league in Maryland and was the team captain for a Coast Guard floor hockey team.

LT Adam Chamie has been selected as the 2002 Coast Guard Male Elite Athlete of the year. LT Chamie has distinguished himself in the sport of powerlifting. This was the second year that LT Chamie competed in this sport where he has won every event he has entered as well as met or beat his personal best lifts. In February 2002, he shattered the California State bench press record in the 148-pound weight class to win the California State Championship in Monterey, California. LT Chamie pressed a personal best of 326.5 pounds. This win qualified him for the World Association of Bench Pressers and Dead Lifters World Bench Press Championships. In August, LT Chamie placed first in the USA Powerlifting Federation's Summer Bench Press Challenge. In Rockaway, New Jersey, setting another personal best of 336.5 pounds in the 148-pound weight class. LT Chamie completed against all lifters in this event and won based upon a modified bench

press-to-body weight formula. LT Chamie placed first at the World Association of Bench Pressers and Deadlifters Championships in Reno, Nevada, achieving another personal best of 352.5 pounds in the 148-pound weight class missing the world record by less than three pounds. This was a five-day competition involving over 675 world-class competitors. LT Chamie coordinates and officiates a well-attended powerlifting competition at the Coast Guard Center Cape May, New Jersey sparking interesting among military and civilians personnel stationed there. LT Chamie spent time as a tutor and teaching assistant for undergraduate students in sociology and political science at the University of California in Irvine, interacting with over 400 students and providing tutoring for many. LT Chamie is also called upon for special projects such as the master of ceremonies for retirements and as the narrator for recruit sunset parades.



LT Adam A. Chamie