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9 April 2021

Fellow Marchers:

Welcome to the virtual 32nd Annual Bataan Memorial Death March!

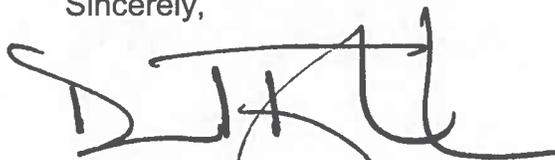
On behalf of Team WSMR and the United States Army, I virtually welcome you to Southern New Mexico- *the Land of Enchantment*- and wish you success as you take on one of the world's most unique and challenging marathon-length events! The team here has worked diligently to conduct this event in a COVID safe environment. Thank you for joining us virtually to remember the Bataan Death March in a way that protects all participants.

The March honors the more than 75,000 American and Filipino Soldiers who were ordered to surrender to the invading Imperial Japanese forces in the early days of the Second World War. On April 9, 1942, after months of savage fighting in Philippine jungles with dwindling supplies, their Japanese captors marched their captives more than 60 miles to prisoner of war camps. Many died along the way. Many more died in the camps.

The March is a grueling test of your mental and physical ability to traverse the beautiful, yet and rugged desert terrain of White Sands Missile Range. As you march, please remember these Soldiers, the struggles they faced and determination they displayed. Recall the sacrifices of their families- During this virtual event, remember the Bataan Death March survivors, remember their bravery and strength of character.

We hope you enjoy your time with us, and that you will remember what you have accomplished, and why we do it. And we hope you will return next year.

Sincerely,

A handwritten signature in black ink, appearing to read 'D. Trybula', with a large, stylized flourish extending to the right.

David C. Trybula
Brigadier General, U.S. Army
Commanding General

PROGRAM Contents



The next Bataan Memorial Death March will be held **20 March 2022** and registration will open in October 2022.

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The 2021 Bataan Memorial Death March Virtual Edition is brought to you in partnership by

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bataanmarch.com

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Thank you for participating in the
Bataan Memorial Death March.

Try this recipe to create your own
Pasta Buffet at home!



whitesands.armymwr.com

Creamy Broccoli Pasta

With crunchy Chile Breadcrumbs this delicious entrée, inspired by our Pasta Night, makes the perfect meal before your march.



Serves 4



470 calories per serving



30 - 40 mins

INGREDIENTS

- 1lb of Broccoli florets (2in pieces)
- 2tbsp + 1tsp Olive Oil
- 1 Clove Garlic, pressed
- 1 Fresno or other red Chili, seeded (finely chopped)
- 1 pinch Kosher Salt & Pepper
- 12oz Tagliatelle or Fettuccine (wide Pasta)
- 1/4 cup Panko Bread Crumbs
- 1tbsp finely grated Lemon zest
- 3tbsp Lemon juice
- 1/4 cup Sour Cream

Directions

1. Heat oven to 425F. On a large baking sheet, toss Broccoli with 2tbsp of Oil, Garlic, half of Chili, 1/2tsp Salt. Arrange in a single layer & roast for 15 min.
2. Cook Pasta per package directions. Reserve 3/4 cup cooking water, drain Pasta, return Pasta to pot.
3. While Pasta is cooking, toss Panko Bread Crumbs with remaining teaspoon of Oil, then Lemon Zest and remaining Chili.
4. Push Broccoli over to one side slightly on baking sheet, spread Panko Bread Crumb mix in open space. Roast in oven for 5 to 6 min or until Broccoli is tender and Panko Bread Crumb mix is golden brown.
5. Toss Pasta with Lemon juice, then Sour Cream & 1/4 cup reserved Pasta water, adding additional Pasta water if Pasta seems dry. Toss with Broccoli, put on a fresh clean plate, top with Panko Bread Crumb mix and enjoy.

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AND THANK YOU FOR LISTENING



LET'S GO BATAAN MARCHERS!

Create your own BBQ special from the luxury of your home.

Coyote Snack Bar Pulled Pork Sandwich

INGREDIENTS

- 2 lb Pork tenderloin (Pork shoulder or butt can also be used)
- One 12oz can of Root Beer
- One 18oz bottle barbecue sauce (of your choice)
- 8 Hamburger Buns

STEPS

- 1 Place the Pork tenderloin in slow cooker, pour can of Root Beer over meat, Cover and cook on low for 6 hours or until pork is tender with a fork
- 2 Remove cooked Pork to cutting board and drain and discard Root Beer, shred Pork to liking and return to slow cooker. Pour barbecue sauce over Pork, stir and serve.

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The Filipino Veterans Recognition and Education Project (FilVetREP), is a nonpartisan, 501(c)(3) tax-exempt, community-based, all-volunteer national initiative whose mission is to obtain national recognition of Filipino and American WW11 soldiers across the United States and the Philippines for their wartime service to the U.S. and the Philippines from July 26, 1941 to December 31, 1946.

Army Veteran on a Mission

Everyone loves a challenge! Especially retired Green Beret Mike De Rosa who proudly served 23 years in the Army fighting for our country. De Rosa is no stranger to struggle and hardships, having suffered six concussions during his military career, including one during a deployment in Iraq. He was also diagnosed in 2012 with a rare disease called Spinocerebellar Ataxia that affects a person's ability to walk and talk. However, the Army pushed him to be all that he could be and De Rosa doesn't plan to let his health hold him back from doing just that. He will be marching the grueling Bataan Memorial Death March 26.2 mile course in the hot desert sand to prove he hasn't given up. He is doing this to honor his fallen brothers and sisters in arms and all those affected by Ataxia. His hope is that others hear his story and are inspired to continue doing the things they are passionate about, no matter what life throws at them.



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A Wounded Warrior's Perspective

By Neil Duncan

Story and photo reprinted from 2011

As a combat wounded, double amputee, I had heard about Bataan while I spent my standard 18 months at Walter Reed. At the time, it seemed like a challenge out of my reach.

That changed quickly, when Kirk Bauer, the Executive Director of Disabled Sports USA, challenged me to give it a shot in March of 2010. I trained as much as possible, but I didn't realize how difficult it would be just to go out and walk ten miles while trying to prepare for this event. I quickly encountered issues while preparing that I had never come across before, but figured out ways around them. Primarily, my legs just weren't conditioned to withstand that kind of mileage.

I arrived in Las Cruces amazed at the turnout for this event. Who would have ever thought that anything with the words "Death March" could be so popular? After an early arrival to the start line, I was continually impressed with the resources and effort that had gone into planning Bataan. After the National Anthem and a quick flyover, It was time to go. Everyone was itching to move at that point as we had all been standing in the cold for hours. On our way to the start, we were able to pass and

shake hands of a few Bataan survivors, which is still and will always be my favorite part of the entire event.

Within the first few miles, I found my pace and the group that I would stick with for the remaining 26+ mile course. We were stepping it out at a strong pace, though I would stop every couple miles and rest so as not to burn out. When we were within 8-10 miles of the finish I began to tire, though the end was in sight. Unfortunately the worst terrain, at least for me,



Sgt. Neil Duncan participating in the 2010 Bataan Memorial Death March

was yet to come. After barely making it through the sand pit upright, I caught a second wind, though it was more like a forth or fifth. With so much anticipation and excitement, we approached the base perimeter. I could smell the BBQ and hear music. I started picking up speed, only to realize that we were walking within sight of the finish, only to have to take a three mile loop directly out and back. This was the longest three miles I

had walked in recent memory. As we got within sight of the finish, I started to think how much pain I was in, but more so, how it couldn't begin to compare to what those men faced that the march was meant to memorialize. That was motivation.

Bataan attracts a wide variety of individuals. Some who run, some who leisurely walk, but for everyone, including myself, it is an incredible test of will and fortitude, all while honoring those who have served, specifically during the actual Bataan March. To this day I still have my Bataan Memorial Death March finishers dog tag hung proudly. Bio: Sergeant Neil Duncan, U.S. Army (ret.)

27 years old, from Maple Grove, MN, was severely injured in Afghanistan on December 2005 by an improvised explosive device. Five days later, he woke up in the hospital missing both of his legs, breathing through a tube in his neck and could not talk. While undergoing rehabilitation at Walter Reed Army Medical Center, he became involved in the Wounded Warrior Disabled Sports Project, where he learned to cycle, mono ski, golf and sail (including a race around Ireland and England with an all amputee warrior team). Neil successfully summited Mt. Kilimanjaro in August 2010 as part of Disabled Sports USA's Warfighter Sports Series. This was his second time to attempt to achieve this challenge in less than a year!

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