

# Locals run with Rangers at Hunter



Stacy Davis

Savannah residents, Soldiers, and Family Members line up at the start of the Ranger Fun Run, Feb. 28. The event was organized to strengthen the relationship between the Savannah community and the 1st Battalion, 75th Ranger Regiment.

**Kaytrina Curtis**  
Hunter Army Airfield Public Affairs

Combine a cool overcast day with more than 1,000 legs ready to run, and you have a picture of the first ever 10-kilometer Ranger Fun Run. The Feb. 28 event was developed during a recent deployment by Rangers who were part of the rear detachment.

The race began and ended on the 1st Battalion, 75th Ranger Regiment compound on Hunter Army Airfield.

Open to the public, the race was held to bridge the gap between the Rangers and the residents of Savannah.

"We are hoping to open this up and share 1st

Battalion and Hunter with the people of Savannah," Lt. Col. Brian Menners, commander of the 1st Ranger Battalion, said. "Primarily because our guys get along so well with the community and we are treated so well, we hope to do more community enrichment, and this is our first step."

The men's first place award went to Jason Schueger who finished the race in 33 minutes. Second place went to Jonna Reinhardt with a race time of 33:15, and third place was awarded to Jonathon Flinn who finished in 33:34. Kristel Maes finished the race in 36:46 and earned first place for female runners. The second place award went to Danielle Thunderhawk with a time of 41:24. Angela Topolewski ran third finishing in 42:48.

With Saint Patrick's Day on the horizon, the Rangers have even more to look forward to when it comes to bonding with those in the Savannah community. This will be the first time in several years that the Rangers will have the opportunity to participate in Savannah's Saint Patrick's Day Parade on March 17.

"We are really looking forward to the parade and that our guys will get some exposure," said Menners. "The boys will be proud to walk down the streets of Savannah. We haven't done it in many years because of our deployment cycle. This the first time in about four or five years that we have done it."

Proceeds from the race will benefit the 1st Ranger Battalion Family Readiness Group.

# Pregnancy PT helps Soldiers, Army



SpC. Monica Smith

Soldiers participating in the pregnancy and postpartum physical fitness program stretch after working out, Feb. 25 at Hunter's Tominac Fitness Center.

**SpC. Monica K. Smith**  
CAB Public Affairs

The Army designed its physical training program to improve and maintain Soldiers' physical fitness levels, promote team cohesion, and prepare troops to meet the physical demands of war. Ensuring the readiness of all Soldiers, the Army's PT program also caters to pregnant Soldiers by preparing them for childbirth and to return to duty.

At Hunter Army Airfield, more than a dozen Soldiers currently participate in a pregnancy and postpartum class held at Tominac Fitness Center.

"This PT is better for the pregnant

Soldiers in order to reduce labor pains, increase circulation and maintain mobility," said Sgt. 1st Class Shylonda Wallace, 3rd Combat Aviation Brigade Medical Operations noncommissioned officer assigned to Headquarters and Headquarters Company, 3rd CAB.

The program also includes Soldiers who have returned from maternity convalescent leave who can participate in the program up to 180 days after returning.

"For the postpartum Soldiers, (the program) prevents them from jumping straight into unit PT and falling behind," Wallace said. "That portion of the program is to get the Soldier back (used) to doing PT and gradually

increase their physical fitness with the ultimate goal of passing a diagnostic (Army Physical Fitness) test and returning them to PT with their unit."

While the instructors wear the Improved Physical Fitness Uniform, those who are pregnant wear the IPFU until they are unable to fit and then wear what is comfortable for them, Wallace said.

"The body changes, and you become less physically fit," Sgt. Charmaine Howard, a program coordinator from HHC, 2nd Battalion, 3rd Aviation Regiment, said. "This program is important to make sure they stay physically fit through their pregnancy into postpartum and back to

their units."

Sergeant Ashlei Shaw, Company B, 2/3 Avn., is five months pregnant, and she said she enjoys the styles in which the program is given.

"This helps me maintain a little bit of shape and makes it easier to transition after I have the baby," Shaw said.

For SpC. Cierra Smith, Company E, 2/3 Avn., who had her baby five months ago, this program has evolved into something she says is helpful.

"It has helped me get back in shape and helped me get back to my unit and be able to keep up with them," Smith said. "When I first started, I was sore, but now I work out and I'm getting better. It's actually getting me in shape."

# Fox Sports South films promotional spots at Benning

**SpC. Ben Hutto**  
3rd HBCT Public Affairs

**FORT BENNING, Ga.** – Fox Sports South, an affiliate of the Fox Sports network, filmed an Atlanta Braves promotional video at Fort Benning, Feb. 28.

The camera crew interviewed Soldiers from Kelley Hill, home to the 3rd Heavy Brigade Combat Team, 3rd Infantry Division, Sand Hill. The news crew allowed fans to explain the connection between the ball club and the South.

"We are doing a promotional campaign about the

Braves for our upcoming season," said Phil Olshanski, a writer and producer for Fox Sports South. "We have been all around the Southeast attempting to capture the flavor of the South and how it ties in with the Braves. The team is unique in that it is a pro-baseball team surrounded by seven states without any other professional team to cheer for."

Olshanski said that Fort Benning was the first military post that Fox had visited since their campaign started.

"It has been great," he said. "Soldiers are just like civilians, except they do a better job taking orders and following directions."

Sergeant First Class Rinza Burton, the operations noncommissioned officer in charge of the Brigade Special Troops Battalion's Headquarters and Headquarters' Company, was excited to be a part of the ads.

"I loved it," he said. "The best part about it was that I got an opportunity to support my Braves."

Burton, a life-long fan of all Atlanta sports teams, is excited about the upcoming season.

I can't wait for baseball season to get here," he said. "We've got a lot of training coming up, but any game I can run up to Atlanta and attend - I'm there."



# Marne Madness Basketball Championships

7 p.m., March 25  
Tominac Fitness Center,  
building 919

The two top company-level, active-duty intramural teams will collide at the Marne Madness Basketball Championship. One team will emerge with the right to say they are the best in the 3rd Infantry Division.

## Jake's Body Shop: Turn Family fitness into Family fun

**Jake Battle**  
*DMWR Fitness Director*

Everywhere we look, emphasis is placed on being healthy and fit adults, yet many of our unhealthy habits develop while we are still young.

Helping our kids appreciate exercise is important. The habits they develop now may be with them for life. Fortunately, raising a fit Family can be both fun and rewarding. Use these tips to help your Family get started toward fitness.

### Encourage participation

When deciding how your Family will get fit, choose activities everyone can

enjoy. This might mean selecting several types of exercise. When everyone has a say in what they do, Family Members will be less likely to drop out.

### Plan special events

While you may walk the dog every night and play soccer on the weekends, try to plan special events throughout the year. You could take a hiking trip to the mountains or plan a skiing trip during the winter. Your whole Family will love looking forward to the event and will find even more motivation to get in top



shape.

### Vary it up

It can be easy to get stuck in an exercise routine. Even if you still enjoy your workout, the rest of your Family may become bored if you never vary what you do.

Every few months, try a new activity. Let different Family Members have a turn in picking what you will do

next.

### Encourage awareness

Make sure everyone understands why the whole Family is getting fit. Talk

about the importance of having a healthy body and why exercise is good for you. You'll probably find that your Family isn't so resistant to the idea of exercising when they begin to understand the benefits of doing so.

### Make it age appropriate

Children tire easily and won't be able to exercise as long or as hard as you will. Be sure to choose activities that are appropriate for their skills and abilities.

As you begin to exercise together, you will probably discover a new motivation to keep working out.

The emphasis you place on being healthy will create habits that will last for life.

# Liberty County Panthers collect 10 in 2nd, roll 16-1

Patty Leon  
Coastal Courier

Starting a game down 0-1 after a home run from the visiting team might intimidate some squads, but the Liberty County Panthers brushed the dirt off, rolled up their sleeves and drove in 10 runs in the second inning. The Panthers closed the game in the fourth with a 16-1 rout over visiting Johnson High School, March 5.

Senior pitcher Justin Eaton got eight strikeouts and one walk while giving up just two hits and one run.

"The boys did what they needed to do," Panther coach David Samuel said. "We knew ahead of time that Johnson didn't have a solid team, so I told the boys to jump on them early to discourage them."

The Panthers pounced with Eaton and Zach Hensley going 3 for 3 and getting an RBI apiece. Cody French also went 3 for 3. Chris Arnold hit 3 of 4 with 2 RBIs, and Joe Watkins nailed 2 of 3 with 3 RBIs. Eddie Chipple finished 2 for 4 with 3 RBIs while Cameron Harris added a base hit.

"The 3rd and 4th innings went well for us as we capitalized on base hits, stolen bases and errors by Johnson," Samuel said. "Everyone did their job once again. Justin pitched well, the defense did its job, and our batters hit the ball well. As long as everyone works together, the team will succeed. I am happy with the outcome of the game."

The Panthers have allowed only two runs in their first two games of the season.



Patty Leon

**Panther outfielder Cam Harris came up with the ball after diving under short stop Chris Arnold in the Panthers 16-1 rout over Johnson High at home, March 5.**

## Bradwell boys soccer falls to Windsor Forest, goes 2-1 for the week

Patty Leon  
Coastal Courier

The Bradwell Tigers boys soccer squad had a three-game week traveling to Savannah Arts Academy, March 2; hosting Windsor Forest, March 3; and battling Johnson High on the road, March 5.

The boys ended the week with wins against Savannah Arts and Johnson High and a loss to Windsor Forest after a double-overtime game came down to penalty kicks.

The Tigers took a 4-0 win against Savannah Arts on goals from Marcell Barton, Josh Olsen, David Miller

and Chris Schuster.

The boys faced region rival Windsor Forest and forced the game to penalty kicks, March 3.

"The game was tied 2-2," Tiger coach Greg Cooke said. "No one scored in double overtime, though we pressed and almost scored in the last 30 seconds with the ball rolling just left of the goal."

Cooke said the two goals came from Chris Schuster. He also attempted the last kick, just missing the target.

The penalty kick came down to the two last shooters, with the Windsor Forest shooter missing his first shot. The coach said there was a call by the referees that allowed the Knights to re-kick the ball and they

scored. Tiger Ethan Deemer had a shot to tie the game.

"He pushed it over the left side of the goal post, giving the Knights a win in a well-fought game by both teams," Cooke said.

Tigers Schuster, Kris Lewis and Miller hit their penalty shots while Brian Jackson and Deemer missed theirs.

The boys sought a comeback, March 5 when they traveled to Savannah to take on the Atomsmashers. The Tigers took a 3-2 win in a close game.

Shuster scored a pair and Barton scored one goal for the win.

The Tigers are 4-2 for the season.

**Shamrock 5K Fun Run**  
**Hunter Army Airfield**  
**March 21**

**Tominac**  
**Fitness Center**  
**Check-in 7:30 - 8:30 a.m.**

Pre-registration fees are \$15 for all military ID cardholders, \$20 for all others. Race-day registration fees are \$20 for all military ID cardholders, \$25 for all others.

For registration information and details, call 315-2019.

## Sports briefs

### Tominac pool reopens

Attention Soldiers, Family Members, Department of Defense Civilians and retirees: Hunter Army Airfield's indoor pool at Tominac Fitness Center, building 419, has re-opened.

### USSSA softball to hold 1st annual Mayport Classic

The United States Specialty Sports Association will hold the 1st annual Southeast Regional Mayport Classic at Naval Station Mayport, Fla., April 18-19.

Registration is open to all USSSA military, slow-pitch softball teams; the deadline for registering is April 16.

For more information, contact Vince Krajcir, USSSA Military Regional Director, at 410-903-9423 or go to USSSA's military program Web site, <http://www.georgiaussa.com/Military.htm>.