



Hinesville Hurricanes drop Beaufort Broncos 22-9, 2C

Jake's Body Shop:
When your routine becomes routine, 2C

THE FRONTLINE

SPORTS & RECREATION

MAY 21, 2009

Spouses, friends celebrate health

Aerobics promotes fitness, healthy living



Nancy Gould

Robin Proctor (far right) leads a step aerobic class during the Hunter Aerobic-Thon at Tominac Fitness Center, May 16. Proctor teaches aerobics classes at 6 p.m. on Monday, Wednesday and Friday at Tominac. She enjoys helping attendees strengthen their core, improve their posture and have fun with aerobics. The class is open for all to attend.

Nancy Gould
Hunter Public Affairs

About 50 people stood beside their workout mats at Tominac Fitness Center at Hunter Army Airfield for the 9 a.m. stretch, May 16. Dressed in stretch attire, loose tee-shirts and work out shoes, the group of mostly women and a few men moved their bodies to the slow morning stretch before picking up the pace with the belly buster class that followed.

"May Day" Aerobic-Thon 09 was Hunter's best exercise extravaganza event yet, according to Eli Wilson, the Tominac Fitness Center director on-site who oversees instructors from Tominac, Fort Stewart and YMCA as they lead kick boxing, yoga, pilates classes and more.

"We do this at Hunter and Fort Stewart to introduce clients to a wide range of aerobics," said Jake Battle, physical activities supervisor at Fort Stewart and Hunter Army Airfield, who was also on site. "We want to show them there's a lot more to aerobics than dancing."

The gathering motivated spouses to get out of the house with their friends

and have fun, said Melizza Canady, whose husband is a Combat Aviation Brigade Soldier away at training. Her 1-year old son, Noah, sat in his stroller with a friend on the side lines and watched his mom work out.

"It's difficult to get here some days; I just don't have much time," she said, adding that her friends encouraged her to come today and try out new classes. "I was determined to get here and will try to get back later for classes. It's important stay healthy for my 1-year old son."

Getting to the gym is also important for Jeanna Singleton, who attended the Aerobic-Thon and joined in the floor exercises throughout the morning before taking a break. She said her husband, also stationed at Hunter, deploys often, and she stays home to home school her five children, another time consuming responsibility. "I've lost 10 pounds since joining the Biggest Loser competition

here in January," she said. "For me, losing weight is a slow journey, especially with the Family challenges I've had."

Singleton's father and stepmother have passed away due to cancer and heart problems, respectively, since January. She said those upsets made it difficult to focus on getting to the gym, but they have also reminded her how important it is to get in shape. She said she takes full advantage of the daycare services at Tominac during workouts. She also makes weekly visits to her personal trainer at Tominac, who encourages her to lose weight slowly and not gain.

"I come in as regularly as possible, she said. "If not, I find some physical activity to do daily - walking with neighbors or my kids."

Robin Proctor, a contractor who teaches aerobics was a verbal motivator throughout the day. She worked out with the group before taking the lead on

stage.

"I started as a volunteer; doing this and helping others is part of who I am," Protor said, adding that she's seen a lot of changes in the women who attend her classes. "When they lose weight they often gain esteem and become more confident and assertive."

Transportation Company, 260th Quartermaster Battalion, took the title with a 31.7 lb. weight lose.

"He'll be thrilled," Cole said.

Wilson was also thrilled about the success of the day's events.

"It was a good day," he said. "The Aerobic-Thon was well attended and we completed our Biggest Loser contest."

Wilson hopes to increase participation in all fitness and sports programs at Tominac Fitness Center. To find out more about classes and programs, call Tominac at 315-5078/6351. For information about the personal trainer program, call 315-5132.

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Army names male 'Athlete of the Year'

Sgt. 1st Class Sheryl L. Lawry
Army News Service

SCHOFIELD BARRACKS, Hawaii - Captain Shawn Dodge, commander of Headquarters and Operations Company, 732nd Military Intelligence Battalion, has been selected as the Army's 2008 male Athlete of the Year for his running ability.

What makes Capt. Dodge's story different and special is how and when the running bug bit him.

Most great runners start out early in the sport. They run track and field in high school and then train in college before going professional.

It wasn't until after Capt. Dodge graduated college and joined the Army in June 2000 that he even became interested in the sport. Fast forward five years and he is competing on the world running stage.

Captain Dodge has competed in the Boston Marathon, the Marine Corps Marathon, the Republic of Singapore's 17th Annual Singapore Army Half Marathon and the Army Ten-Miler. He has also been a member of the All Army Marathon Team and the All Army Ten-Miler Team competing in the International Division.

Born in Spokane, Wash., Capt. Dodge describes his Family as not very athletic. After high school he attended the University of Oregon on an ROTC scholarship.

He was commissioned in the National Guard upon graduating. Later he became a member of the

Active Guard and Reserve Program and is now an active duty officer.

While training at Fort Lewis, Capt. Dodge's days of not being very athletic changed.

Through the help of some knowledgeable friends, Capt. Dodge developed a love for running.

"I realized that running was an event on the PT test that most [people] are not good at; I was not good at anything else," Capt. Dodge said jokingly. "I trained with a lot of very smart people who motivated me to run."

And run he did. Captain Dodge currently averages 70 to 80 miles per week.

"Running has been so much fun for me, and I happen to be good at it," he said. "[Through running] I get an inner peace that can be found nowhere else and a feeling of being fit."

As an AGR Soldier, Capt. Dodge sees his selection for male Army Athlete of the Year as continued proof that no matter the component, all Soldiers fighting in the Army are the same.

"The Army Reserves are training, deploying and interacting with the active components more and more. It is becoming evident that we are all in one Army," he said referring to the change in attitudes from the old days when Guard and Reserve Soldiers were thought of as inferior to their active-duty counterparts.

"I have enjoyed every Army experience I have had, and I'm glad that I was able to represent the Army as a Reserve officer."

Sand Gnats to honor military

Megan Keller
Sand Gnats Media Relations

Baseball is a long-standing tradition in our country. Considered an American pastime, baseball gives people a way to become part of something bigger than themselves. Saturday, the Sand Gnats baseball team will come together with their fans, united to honor our troops and once again become part of something greater. Saturday night's game is Military Appreciation Night here at Historic Grayson Stadium. The Sand Gnats wish to send a message of thanks and hope to all of our Soldiers overseas, and one of welcoming for those who have come home.

As the Sand Gnats take on Bowling Green at Grayson Stadium, the team will be in camouflage jerseys as a special way of honoring our troops. These jerseys will be available for auction throughout the game so that fans may take them home in remembrance of our Soldiers. Since this is a night commemorating those who serve our country, come out and bring your military ID, and it will give you a discounted price of \$2 off a general admission ticket. We will also have a special deal called the "military four pack." The \$30 package includes the tickets, hot dogs, chips, and a drink for four people if you have a military ID. The Sand Gnats especially invite all those in the military to come out and watch a game of baseball and be a part of this American pastime.

To further commemorate this event, professional wrestling four-time heavyweight champion Sgt. Slaughter will be making an appearance at the game. He has been present at many military appreciation nights across the country, including another professional baseball game



Courtesy photo

WWE superstar Sgt. Slaughter will make an appearance at the Sand Gnats military appreciation night, Saturday at Grayson Stadium in Savannah.

between the Florida Marlins and the Atlanta Braves.

As a wrestling icon, he uses his fame and popularity to give tribute to those fighting for our country. In reference to the men and women in our military, Sgt. Slaughter said, "I wouldn't want to be in America without a tough military. And believe me, we have the toughest." He prays for our troops and gives thanks for what they do for this country daily. Supporting the military is something of great importance to him; it will be a privilege to host Sgt. Slaughter here at Historic Grayson Stadium and include him in honoring our troops.

Whether you are a member of the United States military, a loved one of one of our Soldiers, or simply an American wishing to celebrate your freedom, it will be a night to remember here at Grayson Stadium, in honor of those who protect our freedom.

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Jake's Body Shop: When your routine becomes routine

Jake Battle

DMWR Fitness Director

Keeping exercise fun and interesting can be tough. When your enthusiasm starts to dwindle, you need encouragement. Here's how to deal with the exercise blues.

Problem: Exercise is boring.

Suggestions: If you are in the first nine weeks of exercise, try giving your new routine a little time. As you become stronger, you may find that exercise in general, and the specific exercise that you are doing will become more fun and less boring with time.

You may be pushing yourself harder than you need to. Always trying to go faster and further can make exercise painful and unpleasant. This can

cause you to your motiva-

Be sure to up and cool-normal for be a little able and sore a new exer-Warming up cooling down can help keep the discomfort down and the motivation up.

If you have been exercising for 10 or more weeks, be sure that your choice of exercise, and the time to do your exercise, makes your routine easier for you. Nothing will sap your energy like trying to do an exercise you do not like, or exercis-



rapidly use up tion.

do your warm-down. It is your body to uncomf-t-when you start exercise program. before and after exercise

ing at the wrong time.

Be careful not to push yourself too hard. As you get stronger, you may be tempted to push yourself to go further and faster than needed. This only depletes your motivation and discipline. Progress is natural – enjoy it. Do not force it.

Also try the following:

- Setting personal goals
- Keeping a record of your exercise
- Tracking your progress
- Rewarding yourself for reaching goals or making progress
- Reminding yourself of your commitment to exercise
- Taking charge of your excuses
- Seeking help from friends and Family

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Supporting and cheering Capt. Dodge all the way in his career and hobby is his wife Danielle and 2-year old son, Tyler.

What impresses Danielle most about her husband is his devotion to the sport, to his job and to his Family.

"Shawn can handle so many things on his plate at one time with such grace and excellence," she said about her husband of six years.

"He will wake up at 4 a.m. to get a good run in, still do PT with his Soldiers, spend a full day at work giving 100 percent to his job and to his Soldiers, then come home and run all around the house playing with our toddler as if he hasn't been up and working for the last 14 hours," she explained. "He doesn't do anything halfway - whether it's being a Soldier, an athlete, a husband, or a father. He gives everything he has to every part of his life."

Additionally, she said that her husband is incredibly dedicated and loyal, two qualities the Army strives to instill and develop in its Soldiers. These qualities are also a must when you're representing the Army as the Army's male Athlete of the Year.

"Shawn is in the Army because he loves his country and is so proud to serve," Danielle said. "He is not the type of person to do something halfway, so instead of just doing casual jogs to stay in shape, Shawn worked and trained relentlessly and has evolved into the incredible athlete that he is."

Not only is Capt. Dodge's wife proud of his accomplishments, but so is his brigade commander, Col. Christopher Ballard, who said Capt. Dodge and Lt. Kelly Calway - who was named the female Army Athlete of the year for 2008, and also a member of the 500th MI Brigade - were not only great leaders and role models but terrific intelligence officers as well.

"We are very proud of them both," Ballard said.

Hurricanes storm Beaufort Broncos, 22-9

Patty Leon

Coastal Courier sports editor

Not showing any preseason jitters, the Hinesville Hurricanes stormed over the Beaufort Broncos 22-9 in a game honoring the Armed Forces at the Fort Stewart youth football field, May 16.

With the bad weather creeping in, the Hurricanes took control of the second half of the game, scoring twice on defense and once on offense, and connecting on two 2-point conversions before the first drop of rain touched the field shortly after 7 p.m.

The first half had the Beaufort Broncos sporting a 3-0 lead after getting the ball inside the 10-yard line but failing to break the plane, forcing the Broncos to go for the field goal.

The Hurricanes, led by quarterback Frank Troupe, twice drove into the red zone, but costly penalties and missed opportunities on fourth down kept the Hurricanes scoreless.

In the third quarter, Antonio Braham crossed the plane on a short run and Kendrick Badger scored the 2-point conversion to give the Hurricanes an 8-3 lead.

In the fourth quarter, Braham intercepted the Broncos' quarterback, setting up a 15-yard run by Cedric Lovejoy. Quincy



Patty Leon

Hinesville Hurricane defenders sack the Beaufort Broncos quarterback at the Fort Stewart youth football field, May 16. He was dropped for a loss and turned the ball over on an interception two plays later. The Hurricanes defeated the Broncos 22-9.

Thomas ran in the conversion to put the Hurricanes ahead 16-3.

The Bronco offense set up a drive getting to mid-field, but a short pass ended in the hands of Hurricane defender Timothy Sapp, who ran in the interception for a touchdown. The Hurricanes missed the extra point but held a 22-3 lead with a little more than seven minutes left in regulation.

The Broncos drove to the end zone with less than two minutes on the clock. They scored on a 20-yard run but failed to convert their extra point.

The 'Canes commanded the clock for the remainder of the

game, and came away with the 22-9 win.

Defensive coach Jade Richards said he was pleased that his defense scored two touchdowns and intercepted the Broncos on three occasions. Offensive coordinator Bobby Hawes commented on shoring up the offensive line, but was ultimately pleased with the win.

The Hurricanes open the regular season at home against the Charleston Hawks, June 6. Game time is set for 7 p.m. at Long Bell Stadium, located at Liberty Independent Troop Park. Admission is \$6 and children under 12 are admitted free.

TIME OUT! NFL off-season off and running

Sports commentary

Jennifer Hartwig

Fort Stewart Public Affairs

I'm from Boston, so I don't really feel much like talking about the NHL or NBA playoffs right now. Instead, let's talk about my favorite sport – football.

Even though it's the offseason, there's still a lot going on in the NFL. Let's have a recap: Michael Vick is getting released from prison, and Brett Favre is talking about coming out of retirement – again – this time to stick it to the Packers by playing for the Vikings. In the draft, Al Davis skipped over future superstar Michael Crabtree in favor of virtual unknown Darrius

Heyward-Bey out of the University of Maryland, which, of course, is known as a football powerhouse that consistently breeds top-10 draft picks -- is another in a long-line of horrible decisions. And we saw tragedy strike when the Cowboys' training facility collapsed, leaving a scout paralyzed.

Jason Taylor is going back to the Dolphins; Tom Brady is coming back to the Patriots; Matt Cassel is going to try to turn things around in Kansas City; and all of New York/New Jersey is hoping that Mark Sanchez can carry the Jets. T.O. was released by Dallas and subsequently signed with Buffalo, which makes a ton of sense because now he'll be catching passes from the great Trent Edwards, which shouldn't

cause any problems; and the Redskins guaranteed about a billion dollars to Albert Haynesworth.

Of all of those stories, I have to say the one that interests me the most is that of Michael Vick. Vick was sent to prison for 23 months for financing a dog fighting ring. Now, while I by no means condone what he did, I realize that he was certainly, and perhaps somewhat unfairly, made an example of. Nevertheless, Vick has done his time and now is being released to serve his final two months on house arrest.

I sincerely hope that some NFL team will take a chance on the former superstar, one that can take the heat that PETA and other animal rights activists

will throw at them, because apparently serving two years at Leavenworth, losing all of your money, the respect the world had for you isn't enough – he must suffer forever! Don't get me wrong, I'm not saying that what he did wasn't horrible, but I think he served his time, and he deserves a second chance. After all, it's not like he was a probowl linebacker involved in a double-murder, pled his way out, paid off the victims' Families, and now serves as the "emotional leader" of his team. Because, apparently, the world has pretty much forgotten that Ray Lewis was involved in that mess. Just trying to put things in perspective.

All of this has happened, and it's only mid-May. Man, I love football.

AEROBIC-THON

from Page 1C

Proctor said her primary focus with aerobics is to increase core strength; to teach good posture, which often eliminates back and neck pain; and encourage the importance of drinking lots of water. She discusses how to care for the body - the gastrointestinal and immune system and also reminds participants that the body is a temple.

"We should take care of it and have fun in the process," she said.

The Aerobic-Thon ended at noon with one of Proctor's classes, and an Aerobic-Thon tee shirt.

Battle encouraged participants to mark their calendar to attend their favorite aerobics class at Tominac and to bring a friend.

The day ended with the Biggest Loser Contest participants weigh-in

to determine the final winner for the five-month competition. Christy Cole, whose husband will soon redeploy with the 10th Transportation Company, 260th Quartermaster Battalion, took the title with a 31.7 lb. weight lose.

"He'll be thrilled," Cole said.

Wilson was also thrilled about the success of the day's events.

"It was a good day," he said. "The Aerobic-Thon was well attended, and we completed our Biggest Loser contest."

Wilson hopes to increase participation in all fitness and sports programs at Tominac Fitness Center. To find out more about classes and programs, call Tominac at 315-5078/6351. For information about the personal trainer program, call 315-5132.

Savannah "Rock of the Marne" Triathlon

Don't miss the triathlon at 8 a.m., June 21 at Lotts Island. The sprint course includes a 500-yard swim, a 13-mile bike course and a 5-km run. Cost is \$50 per person (\$40 military), \$100 relay team, (\$90 military team). Late fee added after May 21. Fees are higher for non-USA Triathlon members. Awards will be given to overall winners, winners of different age groups and military winners.

To sign up go to: www.savtri.com until June 9; race day sign ups are limited to 25.



3rd ID to qualify its best for Army Ten-Miler

Bob Mathews
FMWR

Do you have what it takes to be one of 24 team members who will represent the 3rd Infantry Division in the 25th edition of the Army Ten-Miler in Washington, D.C., this fall?

Find out June 27.

On that day, 3rd ID will hold its Ten-Miler qualifying race. The gun will go off at 5 a.m. at the one-mile Donovan Field Track in the National Guard Training Area of Fort Stewart.

The top six runners in each of four groups will

represent 3rd ID: men's open; women's open, and men's and women's masters (age 40 and older).

The qualifying competition is for active duty Soldiers only. There is no charge.

To register or to learn more details about the qualifier, visit Bennett's Sports Complex, building 471, Monday-Friday, or call 767-8238.

This year, the Army Ten-Miler will celebrate its 25th anniversary. The race is scheduled for 8 a.m., Oct. 4. The race will start and finish at the Pentagon with a course that will take runners by the Capitol,

Lincoln Memorial, Washington Monument and other D.C. landmarks.

Each year, tens of thousands of runners and spectators descend upon Washington, D.C., to join in the prestigious event. The Army Ten-Miler proceeds benefit Army Morale, Welfare and Recreation.

For complete information about the Army Ten-Miler, go to www.armytenmiler.com/index.cfm.

The Army Ten-Miler training page, which includes recipes, is at www.armytenmiler.com/Raceinfo/Training.cfm.

Female distance runners wanted

A Marne Team in the Female Masters Division for the Army 10-Miler competition is being formed. A spot has been reserved for a Female Masters Marne Team for the race that will take place Oct. 4 in Washington, D.C. Any interested 40-or-over female who is assigned to the 3rd Infantry Division should contact Maj. Mary Rezendes ASAP at 435-6289 or mary.rezendez@conus.army.mil.