

Stewart-Hunter Ten-Miler reps announced

3rd Sustainment Bde Soldier returns to America's largest 10-mile race

Sgt. Tanya Polk
Editor

"I tried to play soccer in high school, but the coach said I was too small," said Sgt. Timothy Insley. "So I took up cross country, and I have been running ever since."

At a mere 5 feet, 3 inches tall and 105 pounds, Insley - a 3rd Sustainment Brigade, 3rd Infantry Division Soldier - secured his slot in America's largest 10-mile race, July 26.

After placing first at Fort Stewart-Hunter Army Airfield's 10-miler tryouts with a time of 1:01.51, Insley and five other Fort Stewart Soldiers will team up and compete in the men's category of the Army's 24th Ten-Miler held in Washington D.C. in October.

Last year Insley arrived to Fort Stewart too late to qualify for the team but proved himself as a strong competitor for the individual competition. On Oct. 7, 2007 Insley not only finished first for Stewart-Hunter with a time of 1:00:35, he also finished 14th in his division, 101st in the men's category and 106th overall out of more than 17,000 competitors.

The Army Ten-Miler is an annual Army Morale, Welfare and Recreation fundraiser, according to the official Web site at www.armytenmiler.com. The proceeds go toward programs that support Soldiers and their Families. But the event also provides a world-class competition.

The 10-mile race features more than 650 military and civilian teams striving for titles and trophies, such as the Commander's Cup and the International Army Competition, and has categories that include overall top male, female, master's male and female, wheelchair, among 24 other team awards.

Starting at the Pentagon, the runners are released in three waves, traveling along a course that winds through the capital city, passes several Washington, D.C. memorials including the Lincoln Memorial, Washington Monument, and the Capitol, then heads back to the Pentagon.

Insley said he has been training for the Army Ten-Miler almost every day, running each Monday, Wednesday and Friday for about six miles per day; every Tuesday and Thursday for three miles (speed training) and Saturdays 10 to 12 miles.

"Sundays, depending on how I feel, I'll take the day off," he said.

Striving to better himself for this year's competition, Insley said he's going to increase his training intensity as he plans on running eight to 12 miles per day until September, then return to his normal training

regimen until race day.

"I didn't really train much last year," Insley said, adding that in addition to training harder this year, he's not going to go sight-seeing around the D.C. area the day before the event again.

"I'd like to be in the top 80 this year, and I'd like to break 58 minutes," Insley continued. "That's going to be tough, but I'm going to shoot for it anyway."

Joining Insley and representing Stewart-Hunter in the men's category are 1st Lt. Pablo Cercenia, Headquarters and Headquarters Battery, 1st Battalion, 9th Field Artillery Regiment who ran 1:02.57; Capt. Jake Karn, 3rd Squadron, 7th Cavalry Regiment, 2nd Brigade Combat Team with a time of 1:03.57; Capt. Jason Schuerger, 2nd Battalion, 7th Infantry Regiment, 1st Brigade Combat Team with 1:04.04; Sgt. Jason Greene, Company B, 2/7 Inf., 1:04.08; and Sgt. Michael Sizemore, HHC, 3rd Brigade Support Battalion with a time of 1:05.33.

Karn was the fastest Ten-Miler runner for Stewart-Hunter in 2006.

"We're all avid runners so we all have different training methods," Insley said of the Stewart-Hunter men's team.

"After bringing our training styles together we stand a great chance at finishing in the top three for our category."

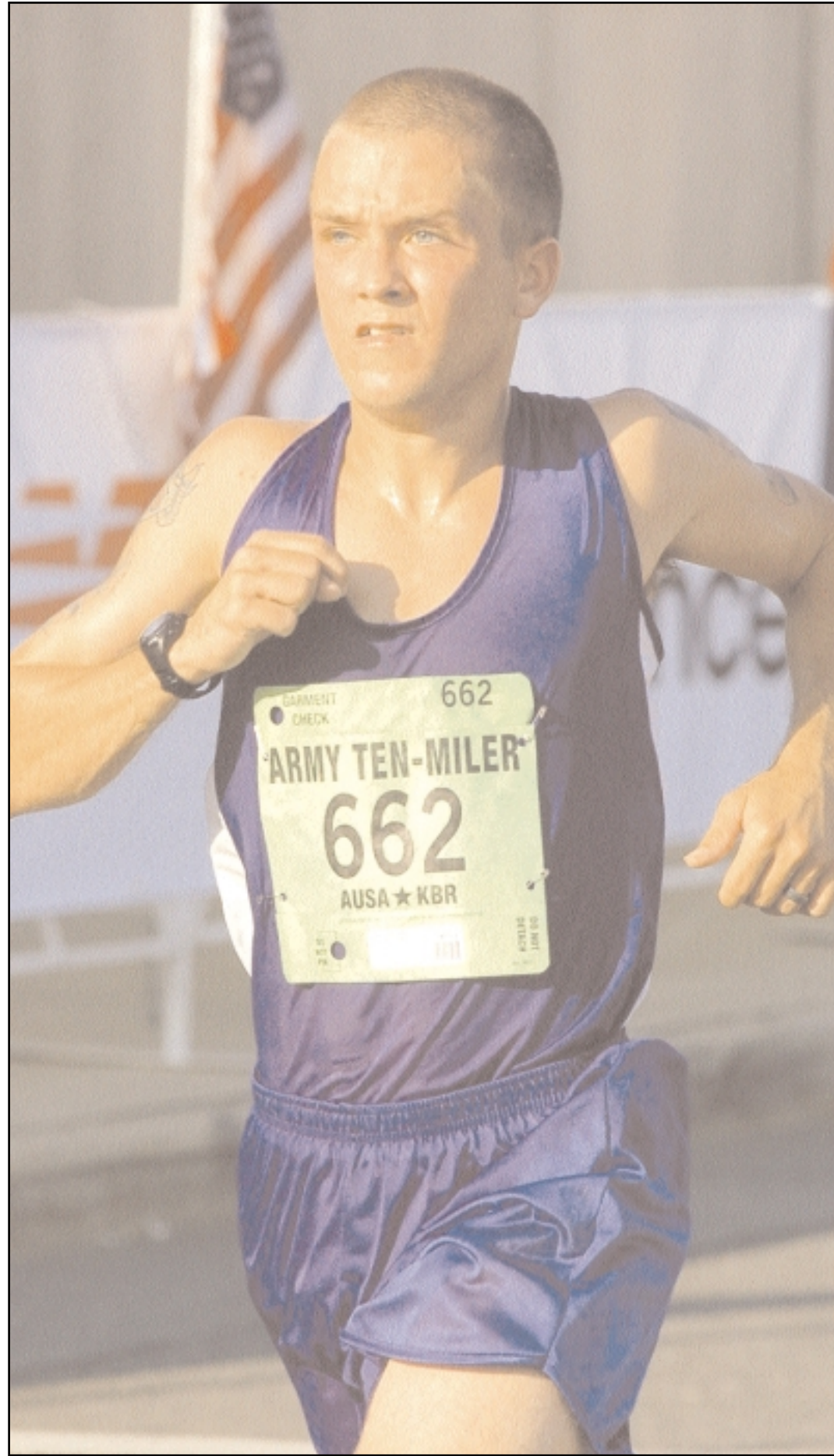
Insley said his group plans to start training together for the big event next week.

The following are the remaining results of Saturday's 10-mile qualifications:

Pvt. Jacob Jeffcoat, Co. A, 1st Battalion, 64th Armor Regiment, 1:07.04; Sgt. Cesar Garcia, Medical Activity, 1:11.50; Capt. Steven Barr, MEDDAC, 1:17.26; Sgt. Georgia Pastor, 24th Finance, 1:24.30; Spc. Amy Davis, MEDDAC, 1:25.07; Sgt. 1st Class Valerie Garza, 24th Finance, 1:27.32; Pfc. Kaleb Pulam, 90th Human Resource Company, 1:27.48; Spc. Stacey Williams, 24th Finance, 1:27.50; Sgt. 1st Class Roy Kidwell, Headquarters, Combat Aviation Brigade, 1:31.26; Spc. David Crew, 24th Finance, 1:44.25; Spc. Cullen Grinnan, 24th Finance, 1:44.40 and 1st Lt. Bryan French, 24th Finance, 1:45.31.

Stewart-Hunter is looking for active duty women who wish to field a team for this year's event. A qualifier race will be conducted 6 a.m., Friday at Donovan Field Track. For more information, call 767-8238.

Editor's Note: Contributing information provided by Pat Young, managing editor, and the Directorate of Morale, Welfare and Recreation Sports Office.



Courtesy of Action Sports International, www.asiphoto.com

Sgt. Timothy Insley, HHC, STB, 3rd SB, posted a time of 1:00.35 minutes, finishing 14th in his division, 101st in the men's category and 106th overall at the Army Ten-Miler, Oct. 7, 2007 in Washington D.C. Insley, who placed first at Stewart-Hunter's Ten-Miler tryouts, July 26 will compete in this year's Army Ten-Miler slated for October.

Globetrotters travel to support Soldiers, Families



Kaytrina Curtis
Public Affairs Specialist

The parking lot of the Hunter Golf Course was even more crowded than usual on Saturday morning to the delight of Soldiers and their Families. Those in attendance had the rare opportunity to meet and greet the comedic Harlem Globetrotters' former members at the newly opened Hunter Golf Club Pavilion located at Hunter Army Airfield.

The players on hand were Meadowlark Lemon, Tyrone "Hollywood" Brown, Bruce "Sugar Beard" Capers, Larry "Gator" Rivers and Matt "Showbiz" Jackson who took time to sign basketballs before a round of golf.

Members of the military community were invited to meet the players and get their autographs. The legends of basketball came out to show their gratitude for the sacrifices men and women of the armed services and their Families make every day.

"It means giving back," said Rivers. "It's an opportunity for me to give back what God blessed me with, which is talent."

Family member, 13-year-old Kennedy Miles, whose father, Shondell Miles, a former Soldier

and now a Department of the Army civilian, traveled to Savannah from Hinesville to meet the legends. Kennedy surprised the crowd with some of her very own slip-of-hand basketball ball-handling talent and got some laughs from the crowd when she played a trick on Rivers.

"It was fun and exciting," said Kennedy, a Lewis Frazier middle-school basketball player.

She said she was proud of her accomplishment after tricking Rivers with some moves of her own.

"Actually, I felt pretty much 'all that,'" she said. "I just tricked a legend."

The Globetrotters were in town to play a fundraising basketball game against local celebrities and emergency response personnel Sunday at the Savannah Civic Center. The funds raised from the basketball game went to the victims of the Imperial Sugar Refinery explosion in Port Wentworth, which happened in February.

Four of the Globetrotters-Brown, Capers, Rivers and Jackson- are Savannah natives and Beach High School alumni. They said they enjoyed performing before their home crowd for such a worthy cause.

Kaytrina Curtis

Family member, 13-year-old Kennedy Miles, learns the slip of hand ball-handling move from former Harlem Globetrotter and Savannah native, Larry "Gator" Rivers during a visit to Hunter Army Airfield's golf course and pavilion, Saturday.

Local bowler rolls 812 series at Marne Lanes

Randy Berube
Public Affairs Specialist

League play hit new heights at Marne Lanes, July 15 as a Fort Stewart-Hunter Army Airfield community member renewed his membership in the 800 Club.

That day, Emil L. Kuelling, better known as "Cookie," bowled a 279, 254 and 279 in a scratch league event.

"I have been bowling for 36 years, and I had an 853 series at Hunter about three years ago, which is the House record," Kuelling said.

Cookie was introduced to the sport by his father when he was 8 years old. His father took him to Savannah once or twice a week to Victory Lanes. By the time Cookie was 12, he bowled in his first league, scoring in the 120s and 130s, which is considered a good score for the occasional adult bowler, he said.

At 14, Cookie developed his hook, and started hitting the 200s. He won a college scholarship at 17 to Vincennes University in Indiana, and joined the bowling team which helped him to a 4-year free ride. Vincennes won the National College Athletic Association bowling championship which was covered by ESPN in 1983.

Cookie entered four regional professional bowling association tournaments and made match play twice in the early 1990s.

In 2007 he said he had a life altering experience while working in Savannah. Cookie was struck by an intoxicated customer, injuring his left eye. His injury took him out of work and away from one of his favorite sports - bowling.

After surgery, exercising, losing 22 pounds

and healing from the violent assault, Cookie eventually came to work for Marne Lanes.

"I have met a lot of good people from all over the country, many from Ohio, Texas, California and Pennsylvania who enjoy bowling," Kuelling said.

Cookie still bowls in a summer league at Stewart-Hunter, three games a week. He is pleased that his game is coming back after his injury and foresees practicing up to enter the U.S. Open and the U.S. Bowling Conference Masters tournament but has no desire to tour. He said the installation bowling facilities offer a lot to customers.

Marne Lanes offers league play five nights a week and open bowling every day of the week.

Hours of operation are Monday and Tuesday 11 a.m. to 11 p.m., \$1.25 per game and \$1 shoe rental; Wednesday and Thursday from 11 a.m. to 6 p.m., \$1.25 per game, \$1 shoe rental and from 6 to 11 p.m., \$2.25 per game and \$1.25 shoe rental.

On Fridays from 11 a.m. to 6 p.m. games are \$1 each with \$1 shoe rental and from 6 p.m. to midnight games are \$2.25, \$1.25 shoe rental. Saturdays the lanes are open from 11 a.m. to midnight, \$2.25 per game, \$1.25 shoe rental. Sunday is Family Day, 3 to 10 p.m. with \$1.25 games, \$1 shoe rental for children grades K-12 and senior citizens.

League play starts back up in September with 10 new leagues open to Soldiers, Families, Department of Defense civilians and retirees. See page 3C for details or contact Marne Lanes at 767-4866 for more information.

You may also visit the Web site at www.fsusbc.org.



Pat Young

Stewart-Hunter offers two golf courses with competition play on a regular basis, including the Garrison Commander Golf Scramble.

Competitors scramble for Taylors Creek win

Special to the Frontline

Taylors Creek Golf Course held the Garrison Commander's Golf Scramble, July 25 which featured close competition among 23 four-person teams.

The competition was heated, according to Fort Stewart-Hunter Army Airfield Golf Course Manager and golf professional Tommie McArthur, who said there was a four-point difference between first and eighth place and there were three ties among seven of the top eight teams.

The tournament began with a shotgun start, with teams starting at different holes. Ties were handled by examining the finishing scores of each team, starting at hole-18, working back to determine who had the best score on hole 17, 16, 15, etc.

Winning the day with a score of 57 was the first place team of Max Brown, Bart Knoch, Chris McCormick and Manual Gonzalez.

Three teams tied with a score of 58 and settled it with a tiebreaker. Andy Anderson, Robert Darby, Clifford Johnson and Angel

Cordero earned second, over Royce Kennedy, Shawn Kennedy, Henry Thompson and Stacy Dutton, who took third; with Steve Clouse, Alan Nelson, Joel Moody, and Matt Chipman taking fourth.

Another tie breaker was settled the same way for the fifth and sixth place teams, who both scored 60. The fifth place team was determined to be Anthony Kasdorf, Jason Lewis, Zachary Palmer and Juan Palaceos, pushing James Baker, Bob Brennen and Dano Chaffee down to sixth.

The last tie score of 61 was settled to determine seventh and eighth place, with Mike Young, Chris Taufer, Micah Young and Fred Sample beating Randy Johnson, Bobby Sauers, Cameron Mattingley, and Paul Andreshak, who rounded out the top eight.

The top two teams received Nike Golf bags provided by the Taylors Creek Pro Shop.

The next scramble at Taylors Creek is scheduled for Aug. 29. A \$5 discount will be offered for early registration. For more information, call 767-2370.

Register for CYS Soccer

Register for Child and Youth Services youth soccer. Registration is Aug. 1 to Sept. 12 or until all slots are filled. The activity is open to all CYS youth 4-13 years old (as of Aug. 1.) Register at Fort Stewart CYS, building 443, Gulick Ave., next to Corkan Pool. CYS is open 8 a.m. to 5 p.m., Monday, Tuesday, Thursday and Friday and 9 a.m. to 6 p.m., Wednesday. All CYS members must have a current physical on file when registering. For more information, call CYS at 767-2312 or Youth Sports at 767-4371. Volunteers are needed to coach soccer teams. If you are interested in volunteering, call 767-4371. New volunteers will be required to come to Jordan Youth Gym, building 606, West 6th St. to complete a volunteer registration form and submit to a background check.

Jake's Body Shop: Why fitness is so fun

Jake Battle
DMWR Fitness Coordinator

Maybe you have noticed your co-worker or neighbor who is always working out.

You might wonder why they do it. What compels them to put on their shorts and tennis shoes and go exercise?

If you ask them why they are committed to being in shape, you may get an answer that surprises you – it's fun. Here are several reasons why fitness is so much fun.

Extreme energy

Contrary to what you may have believed, working out will not leave your body drained and exhausted. Actually, exercise does just the opposite.

As you get in shape, you will have more energy for your daily activities.

When you become more productive at work and home, you will be glad you took the time to work out.

Soar to the top

Regular exercise can boost your self-confidence. You are achieving your fitness goals through persistence and determination.

When you start to feel frustrated over a tough problem at work or a stressful evening at home, you can no longer tell yourself that you are not good at anything.

You have proved that you can succeed and persevere by getting fit. This self-confidence will spill over into many situations.

Healthy and happy

Working out is a great way to help your body stay healthy. Consistent exercise lessens your risk of experiencing many diseases.

Even moderate exercise can help with osteoporosis, heart disease, obesity, back pain and other common problems you might be suffering from.

Less stress

Do you experience a lot of stress in your life? When you're stressed out, try jogging, karate, aerobics or some other physical activity you enjoy. It's amazing how exercise can relieve stress.

Pleasing reflection

Tired of not liking what you see when you look in the mir-

ror? Start exercising. Regular exercise can help your body shed extra pounds.

Also, working out will help your body look more toned. As you add muscle and lose fat, you will begin to anticipate your exercise routine. When you start exercising regularly, you'll discover that working out can be enjoyable – especially as you begin to look and feel your best.

Find fun in fitness

1. Find two or three activities you think you would enjoy.
2. Start performing one or all of these activities several times a week.
3. Chart your progress so you can see when you have achieved your fitness goals.



Marne Lanes League Bowling

Marne Lanes offers a variety of individual and league play to Soldiers, Family members and civilians. Stop by to register for league bowling with opportunities ranging from open competition, seniors, scratch, church or youth teams.

To join, choose a time or league in which you wish to bowl. Fill out the registration form available at Marne Lanes. Return the registration form to the reception counter.

For more information about times or leagues, call the Marne Lanes at 767-4866 or log on to www.fsusbc.org.

Leagues

League	Time	Type	# per team	Date
Monday Night Open	7 p.m.	Open Mixed	4	Sept. 8
Senior Mixed Classic	10 a.m.	Mixed	3	Sept. 8
Tuesday Night Mixed	7 p.m.	Open Mixed	4	Sept. 2
Tuesday Scratch Trio	7 p.m.	Open	3	Sept. 2
Senior Friends Hi/Lo	7 p.m.	Singles/Doubles	1	Sept. 10
Wednesday Night Mixed	7 p.m.	Mixed Doubles	4	Sept. 3
Thursday Morning Coffee	9 a.m.	Ladies	3	Sept. 4
Thursday Night Church	7 p.m.	Open Mixed	3	Sept. 4
Friday Night Open	7 p.m.	Open Mixed	4	Sept. 5
Saturday Morning Youth	9 a.m.	Youth	4	Sept. 6

Register for youth sports

Special to the Frontline

Child and Youth Services football and cheerleading registration continues through Aug. 18 or when slots are full.

Football is open to CYS members age 7-12 (as of Aug. 1) Members age 13 will be placed on a waiting list in the event there are enough players to form an 11-13 league.

Cheerleading is open to CYS members age 6-13 (as of Dec. 31).

Sports fees are waived for CYS members of parents currently deployed. Register at Fort Stewart CYS, building 443, Gulick Ave. between 8 a.m. to 5 p.m. Monday, Tuesday, Thursday, Friday; and Wednesday, 9 a.m. to 6 p.m.

For more information, call 767-2312 or Youth Sports at 767-4371.