



SPORTS & RECREATION

AUGUST 13, 2009

Runners: On your mark for 'Top of the Rock'

Bob Mathews
FMWR Marketing Publicity Specialist

Registration opens Aug. 17 for the Top of the Rock Run, an annual 5K and 10K event that brings out male and female athletes who take running seriously, unit teams who want to win bragging rights, several "fun" runners and some who just want to be able to say, "I finished it."

The run, now in its eighth year, is open to all military ID cardholders and is scheduled to begin at 9 a.m. between the Quick Track and Newman Fitness Center.

Arthur Lewis and Randy Walker, part of the Directorate of Family Morale, Welfare and Recreation Intramural Sports team planning the Top of the Rock Run, said 10K runners this year will split off from the 5K runners. "Last year, those who were running the 10K just ran the 5K course twice," Walker said. Maps of the courses and other information will be available prior to race day.

The 2008 version of the Top of the Rock attracted about 200 runners, they said, including unit teams and individuals totaling about 125 in the 10K event and 75 in the 5K event. The 5K run is 3.1 miles and the 10K 6.2 miles.

"We get runners with various levels of skill," Walker said. "Some like to be very competitive, some run for the pure enjoyment, and some sign up and compete just for the T-shirt. Some



Pfc. Jared Eastman

Kendrick Robinson, 24 (far left), who placed 1st in his age group leads the pack of 200 Soldiers and Family Members at the start of last year's Top of the Rock Run on Bundy Ave., Oct. 4, 2008. Robinson's overall time was 40:27.

of our participants run all year, and Savannah or elsewhere in the areas. they will go from this race to one in They just love to run."

Ten age categories will be available for male and female competitors: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, and 55 and over. Trophies will be awarded to the top three overall winners of the 5K and 10K male and female finishers, the top two finishers in each age category and the top two teams.

The men's 5K

was won last year with a time of 18:15; the men's 10K with 38:06, the women's 5K 22:01 and the women's 10K 48:47.

Lewis added that all DOD ID cardholders are welcome to participate, including some who like to push their children in strollers as they run, and some who bring their pets.

"All we ask of those with strollers or pets is that they start at the back as a courtesy to the other runners," Lewis said. "A lot of folks come out for the run to support their husband, or wife, boyfriends, girlfriends or their kids. We're really glad to have them," Lewis said.

Lewis and Walker said registration takes only a few minutes, and all who sign up will receive a T-shirt. They urged participants to pre-register early and on race day to arrive early to pick up their race kits and timing chip. Race kits will be given out from 7:30-8:30 a.m.

When & where can I register?

- **Fort Stewart** – Pre-register at Leisure Travel Office, building 443, Newman Fitness Center, building 439, or Bennett Sports Complex, building 471. Pre-registration deadlines: 6 p.m., Sept. 23 (10K team-company level only-\$15 per person); 6 p.m., Sept. 25 (individuals-\$18 per person).
- **Hunter Army Airfield** – Pre-register at Tominac Fitness Center, building 919. Pre-registration deadlines: 6 p.m., Sept. 23 (10K team-company only-\$15 per person); 6 p.m., Sept. 25 (individuals-\$18 per person).
- **Race Day:** Sept. 26 (individuals only) at race site; fee is \$25 per person.

For more information, call Bennett Sports Office at 767-8238.

Former military lead on the football field

Sgt. Joseph McAtee
3rd Infantry Division Public Affairs

A while back, Brian Brocato, the Marine, was leading Marines into combat in Desert Storm. These days, Brocato, the Head Coach, leads his warriors into a different kind of battle.

As the head coach of the Richmond Hill High School football team, Brocato oversees a team constantly in flux. His work ethic and commitment to his players is the only constant in a community that sees military members file in and out year after year.

"I want to teach these kids perseverance," Brocato said. "Life isn't handed to you."

He should know. The son of a coach, Brocato walked onto the football team at Oklahoma State University after playing his high school ball in Baton Rouge, La. Having been on the coaching staff at Richmond Hill for eight years, he understands all too well how difficult it is to maintain stability

on a team that sees players leave and arrive on a moment's notice.

"I understand where they come from and what they're going through," he said. "We have to battle just like any other school. The military kids are resilient. They can adapt to all the things you need them to do."

Brocato isn't alone in using his experiences to guide his coaching; Defensive Coordinator Rick Bond was a military dependent himself. His father was in the Army for 31 years, and he said his own adolescent experiences help him connect to players who are living the life he did.

"I understand the problems they have," Bond said. "I can empathize with them."

Bond said he sees two traits that military kids exhibit beyond what his other players do.

"It's one of two things – independence or discipline," he said. "Hopefully, through football, we can lead them toward that independence and discipline."



Sgt. Joseph McAtee

Richmond Hill High School head football coach, Brian Brocato, works with student players during an afternoon practice.

Jake's Body Shop

Endless benefits of aerobics

Jake Battle

FMWR Fitness Director

Looking for a new way to get in shape? Aerobics may be the perfect exercise for you.

Aerobic dance is simple, fun and beneficial to your health in many ways. You can lose weight and build muscle along with others who have the same goals. Your level of energy and motivation will skyrocket with aerobics!

Learn how to dance your way to better health with the following keys.

Maximum Benefits

Aerobics is a long-duration exercise. This means that when you work out for at least 20 minutes, your body draws

energy from its fat deposits. But, not only do you lose fat, at the same time you gain muscle.

Traditional aerobic moves – lunges, knee lifts and arm movements – all help to improve muscle strength, endurance and flexibility. While doing these exercises, your heart and lungs get a great workout and your body begins to use oxygen more efficiently.

But the benefits don't end when the music stops. Aerobic exercise increases energy and stamina and reduces stress all day long.

An easy start

Getting involved with aerobics is simple. Don't worry if



you're rhythmically challenged. Aerobics is for everyone from the beginner to the expert.

Classes are offered at all levels. It's simply a matter of signing up for one. What is most important is that you're com-

fortable with your class.

That way you'll enjoy it, stick with it and see faster results.

Once you decide on a class or tape, all you need is a good pair of shoes. These should cost no more than \$40-\$80. You'll also need a loose, cotton T-shirt and shorts. Now, you're ready to dance.

Warm up

Just like any finely-tuned piece of machinery, your body hates cold starts and stops. The warm-up and cool-down periods are essential to avoiding injuries to muscles and undue stress on the heart.

They allow you to prepare yourself for the workout and should never be missed in any

well-rounded aerobics class.

Now you know that aerobics is a simple way to burn fat, tone your muscles and reduce stress, all with a minimum investment. It's time to get up and dance your way to great health!

Dance to better health

1. Start with a low-impact aerobics class so you don't overexert yourself.

2. Choose the type of aerobics that are best for you. It may be step, funk or body sculpting.

3. Remember to always warm up and cool down before and after all aerobics.

Sand Gnats to salute the troops Saturday

Cristina Faiella

Sand Gnats Promotions

The Savannah Sand Gnats will host their annual Military Appreciation Night at the ballpark, Saturday.

We would like to encourage all our military community members and their Families to attend. The night is sponsored by Beaufort Memorial Hospital and will feature a special appearance from the Parris Island Marine Band.

In addition, there will be a fly-over and joint Color Guard as well as a guest appearance from Sgt. Slaughter.

Sergeant Slaughter is a former Marine who went through the steps of Parris Island and then went on to become a

professional wrestler in the World Wrestling Federation. Sgt. Slaughter will be available for fan photographs and autographs during and after



the game.

With a valid military ID, a ticket to a Sand Gnats game is only \$5. On Military Appreciation Night, the Sand Gnats will offer a special deal for military personnel called the Military 4-Pack.

Military 4-Pack is a special deal on Aug. 15. For just \$30, you get four game tickets, four hot dogs, four drinks, and four chips. This comes out to only \$7.50 per person.

We also have VIP party decks and pre game picnics available. For information and to reserve your tickets, please contact: Cristina Faiella at the Savannah Sand Gnats at (912) 351-9150 or email Cristina@Sandgnats.com.

HUNTER FLAG FOOTBALL SIGN UP

Please submit your
20-member unit rosters to
the Sports Complex by
2 p.m., Aug. 15.

For additional information, contact
Mike Hughes at 315-4160.



Liberty High School Senior 'stoked' about football season

Patty Leon
Coastal Courier

Entering his senior year and third year as the Liberty High School Panther quarterback, Julian Stokes said this year will be full speed ahead.

"I want 1,000 yards rushing, 1,000 yards passing and a winning record," he said. "I don't want to go out for my senior year with a losing record. I want to come out on top."

The returning starter said he was looking to turn the corner and better the Panthers' 3-7 overall and 2-4 region 3-AAA record of last season. He is also searching for a little pay back.

"McIntosh, Washington County and Baldwin County, those are the three teams that shut us out last year and embarrassed us," he said when asked what teams he was anxious to play. "I worked hard in the weight room. I came to the two-a-days and conditioning. I just worked hard to get bigger, faster and stronger and be ready to compete against these other teams."

Quarterback coach Brian Griggs said there is a distinct difference in the way Stokes conducts himself on the field compared to earlier years.

"He is speaking out a lot more, getting more involved with his teammates," Griggs said. "There is nothing better than a third year starter. We want to make it comfortable for him to do what he does best,

improvise and get the ball downfield like he does."

With experience under center and a grasp of the spread offense the Panthers switched to last season Griggs said Stokes will have leeway in calling plays.

"We are giving him some options to make those calls," the coach said. "They really weren't in place last year because the offense was so new. This year, as we go on, more responsibility will be given to him. He will be doing a lot of play calling, making those hot reads and adjustments. And he is ready mentally. His mind on football."

The Panthers lost running backs Demetrius Stinson and Roderick Jones and while Stokes has the agility and quickness to cut loose and run the ball he said he is looking at two other players to fill the two gaps.

"This year I'm looking at Shadrach Thornton," Stokes said. "He's an upcoming sophomore running back. He's very strong, he has cutting abilities and he's quick. And Mike Rodriguez is another running back who is quick, strong and has cutting abilities. Hopefully I can rely on these two guys to help me out this year."

Stokes has a purpose his senior year saying he



Patty Leon

Liberty High School senior, Julian Stokes, says he wants 1,000 yards rushing and passing this season as he looks to better the 3-7 overall and 2-4 region 3-AAA record of last season.

hopes to get a Division I nod for college.

"But I'm also trying to get some attention for all of us here in Hinesville," Stokes said. "We have some talent here so if somebody steps up, gets some yards and gets some stats up we can get some looks down here, not only for me but for the other players as well."

He said prefers Georgia Tech, Georgia State or Morehouse College but said he is open for offers.

FOOTBALL

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Photos by Sgt. Joseph McAtee

Richmond High School football defensive coordinator, Rick Bond (above) head coach, Brian Brocato (right) say that their experiences in and around the military guided their leadership styles on the football field.

Both coaches admit that the solidity of military life reflects itself in their coaching and that they sometimes have to pull back.

"You have to be able to approach each kid differently," Bond said.

"Sometimes they need a kick in the butt, other times a kind word."

"I can be a bit overbearing," Brocato added, noting the players understand what he's trying to accomplish. "These kids are smart. They learn quickly. They know what they're doing."

While the win column in seasons past hasn't reflected the work Brocato has put in, he's optimistic going into this season and excited about how it could spark the city as a whole.

"We've done the things it takes to win," Brocato said. "I believe in these kids, I believe in this town, and I believe in this school. If we do what I think we can do, this place will go sky high."

