

THE FRONTLINE

SPORTS & RECREATION

AUGUST 20, 2009

Oglethorpe Speedway Park offers Family fun

Nancy Gould
Hunter Army Airfield
Public Affairs

Sergeant Tony Wiruth is finished with stock car racing at the Oglethorpe Speedway Park for awhile – at least until he gets back from his year-long deployment to Afghanistan.

The flight engineer with the Georgia Army National Guard's B Co., 169 Aviation Regiment, has had a long-time passion for racing. Two years ago, he decided to be more than an observer and to compete. His wife and four children, ages 13, 14, 16 and 19, are also passionate about the sport. They enjoy watching him race Friday nights on the half-mile dirt track in his black Mitsubishi Eclipse with the yellow number "47" painted on its side.

"Racing's a blast for me and my family," said Wiruth. "The fans and the drivers are great; the drivers are always willing to help." Wiruth said he bought his car from last year's track champion, Donnie Bazemore, his mentor in the sport.

According to Faron Jenkins, the chief steward at the Pooler speedway who raced in the 80s, Friday nights draw a variety of race enthusiasts, includ-

ing a huge family crowd. Jenkins said racing is a lifestyle for many families. He and his four brothers, mother and father have participated in OSP races for years.

"It's better than going to the movie theater, he said, about watching the races, adding that it's also a thrill for race competitors. Getting "butterflies" but overcoming fear is part of the challenge.

"We offer clean family fun. We have our own security, fantastic concessions, and at intermission, competitors give kids rides in their race cars."

The speedway park attracts race competitors, ages 16 (with parental consent) through 65, from all over



David Carlson

Sgt. Tony Wiruth, B Co., 169 Aviation Regiment, Georgia Army National Guard, races in his Mitsubishi Eclipse at the Oglethorpe Speedway Park in Pooler, Georgia during the summer racing season.

Georgia, including Effingham and Chatham counties and many from South Carolina, Brunswick and Pooler. Winners get trophies and cash prizes, said Jenkins. Amounts range from \$200 to \$5,000 for major race car events.

The speedway park has entertained race fans with stock car racing since March, 1951 and, according to Jenkins, has had no fatalities during that time. "We issue rule-books, and we require cars to pass safety inspections."

Famous NASCAR champions who have competed at the OSP include Winston Cup winners Dale Earnhardt, Ned Jarrett, Glenn "Fireball" Roberts and Speedy Thompson.

In 2007, OSP elect-

ed to forego sanctioning by the National Association for Stock Car Racing (NASCAR). It continues to run weekly racing events at 8 p.m. on Friday nights for classes that include late models cars, street stocks cars, mini stocks cars, pure stocks cars and 440. The 2009 racing season began July 17 and ends Aug. 28 with the 2009 Season Championship. The final seasonal events follow:

- **Aug. 22:** Drive Stock 2009, celebrates the 40th anniversary of Woodstock; local bands begin at 1 p.m.; food and camping available
- **Sept. 11:** Shriner's Race
- **Sept. 25/26:** Pooler Flying Pig and Bar-B-Que Festival
- **Oct. 8/9/10:** Showdown in Savannah
- **Nov. 7:** Season Champions' Banquet on Nov. 7

There's special family seating in the 3,500-capacity

stand; admission is free for ages 5 and under, and \$3 for children ages 6-12. Military and seniors, age 55 and older, pay \$10; regular adult admission is \$12.

From November through December, the OSP's "off" season, car racing is replaced with go-kart racing on Saturdays. The OSP staff holds classes for children.

"Many adults who race began their career in go-kart racing," said Jenkins, adding that it's a good venue for parents to spend time with their children.

When Sgt. Wiruth returns from the era of persistent conflict in Afghanistan, he has promised to spend as much time with his wife and children as possible. His 16-year-old son wants to build a race car and race it at OSP. That's where he said he plans to be once he completes his next mission of service to his country.



Tammy Wiruth

Sgt. Tony Wiruth, B Co., 169 Aviation Regiment, Georgia Army National Guard, enjoys racing his Mitsubishi Eclipse when he's not deployed with B Co., 169 Aviation Regiment, Georgia National Guard.

MEDDAC wins it all



Randy Murray

Specialist Steve Allen, 3/160th SOAR, slams one hard but to no avail. Winn Army Community Hospital's MEDDAC team won the 3rd Infantry Division Softball Championship, 19 to 7, in a re-scheduled play-off game held at Fort Stewart, Aug. 17. The intended final game at Hunter's Squires Sports Complex was rained out, Aug. 5 at the bottom of the 5th inning.

The game picked up at the top of the 6th, Monday with MEDDAC continuing their lead. The Night Stalkers managed to score one run, following a triple. The last play of the game was a double play by MEDDAC with an out at second and first, which sent the Hunter team home with a 2nd place finish.

Liberty County shoots, scores in tournament



Eli Wilson

Seaport (red) and Liberty County (white) face off in the final championship game during Hunter's summer basketball tournament. Liberty County took first place in the event.

Directorate of Family, Morale, Welfare & Recreation
Tominac Fitness Center

Hunter Army Airfield held its summer basketball tournament at Tominac Fitness Center, Aug. 15. The five teams that competed were made up of active-duty Soldiers,

Family Members, and civilians. After double elimination playoffs, the following teams made it to the top:

Liberty County took first place with 3 wins and one loss. With four wins and two losses, Seaport placed second. City Boys had a one win and two losses and took third place.

Jake's Body Shop

Jake Battle

DFMWR Fitness Director

Have you ever started a workout before you were completely warmed up and woke up to regret it the next day? You probably didn't spend enough time limbering up and becoming flexible.

Why flexibility pays off

Flexibility is the ability to extend each joint through its normal range of motion. It is one of the most basic principles of physical fitness and should be included in any exercise program. There are many benefits associated with a well-designed flexibility program. According to the respected University of Utah's PEAK Academy, there are several benefits to stretching.

Increase range of motion

Inactivity, aging, and even exercise

can result in tight muscles and connective tissue that result in decreased range of motion. Many of us sit for long periods of time at work or at home, and therefore, we have especially tight hamstrings and hip flexor muscles. Consequently, movement is limited. Flexibility exercises can increase and then maintain a wide range of motion.

Decrease muscle tension

Stretching promotes relaxation by bringing muscles back to normal resting lengths. Muscle tension that results in headaches, stiff neck, and general stiffness, which can be reduced and/or eliminated through regular flexibility exercises.



Stay flexible, stay fit

Prevent injury

Muscle and connective tissue injuries are commonly due to limited joint mobility. For example, consider the high incidence of hamstring injury (muscle and connective tissue tears) in football players, a group with generally low flexibility, compared to the muscle tear rate in gymnasts, a high flexibility group. As flexi-

bility decreases, there is greater likelihood of injury if the body is put in a position outside the normal range of motion (as with exercise, sport actions, even slips and falls).

Promote body awareness

Flexibility exercises allow individuals to become in tune with their bodies. Body awareness is valuable in

identifying limitations and strengths.

Enhance performance

Performance is enhanced in a number of ways if flexibility is maintained. Muscles contract with more force at long lengths; therefore, a long supple muscle is effectively stronger. Fluidity of motion is evident in individuals with greater flexibility. Again, visualize the movements of a gymnast compared to a muscle-bound body builder with a limited range of motion. The gymnast is able to perform complex actions with ease because of greater flexibility.

It feels great

Stretching feels good! Many people rely on flexibility exercises for reducing muscle tension, stress relief and even meditation. When preformed properly, stretching results in a feeling of well-being and relaxations.

50 Bird Skeet Tournament

Registration gets under way Sept. 3 for the 50 Bird Skeet Tournament, which will be held at the Fort Stewart Skeet and Trap Range beginning at 8 a.m. on Sept. 19.

The required pre-registration will continue until 7 p.m. Sept. 17.

Participants can register at the Fort Stewart and Hunter Army Airfield Skeet and Trap Ranges or Outdoor Recreation facilities. For more information, call 435-8219 or 767-2515.

The tournament is open to Soldiers, Family Members, retirees, Army Civilians and their guests. The registration fee is \$30 per shooter.

Shooters will compete in five divisions. They are the Rocky Division (experts); Dogface Division (intermediate); Iron

Mike Division (novice); Annie Oakley Division (women) and the Bullwinkle Division (youth ages 12 to 17).

A \$300 prize will be awarded to the shooter who breaks 50 out of 50 clay pigeons in his/her two rounds. The top shooter in each division will win \$75.

Michael Moore, Shooting Sports Manager for Outdoor Recreation with the Directorate of Family, Morale, Welfare and Recreation, said some 12 and 20 gauge shotguns will be available for eligible shooters who do not have them. Ammunition will be available for purchase.

Referees and scorers will be from the Marne Skeet Club, strong supporters of skeet shooting and the Fort Stewart Skeet and Trap Range, Moore said.

Soldier Fishing Event scheduled

Pond 30 on Fort Stewart is the place to be Sept. 26 for Soldiers who love to fish and those who want to give the sport a try.

Soldier Fishing Day will be observed Sept. 26 in conjunction with the celebration of National Hunting and Fishing Day.

Soldiers throwing out a line are likely to have plenty of luck: DPW, Fish and Wildlife will stock the pond with catfish before the event.

The day's events will begin at 7 a.m. and conclude at 1 p.m. Fishing will be free, and state and post permit requirements will be waived for the day.

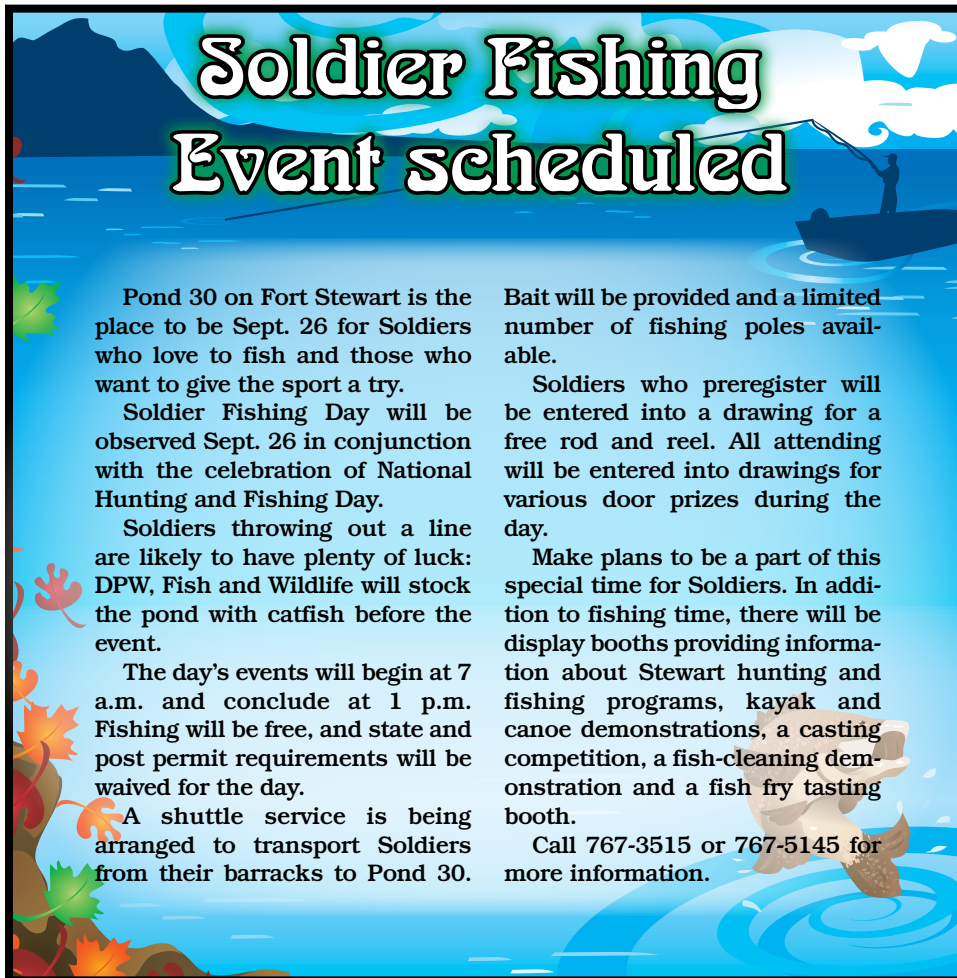
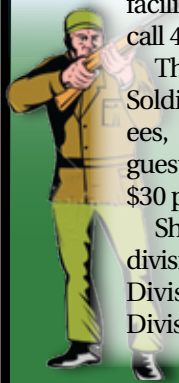
A shuttle service is being arranged to transport Soldiers from their barracks to Pond 30.

Bait will be provided and a limited number of fishing poles available.

Soldiers who preregister will be entered into a drawing for a free rod and reel. All attending will be entered into drawings for various door prizes during the day.

Make plans to be a part of this special time for Soldiers. In addition to fishing time, there will be display booths providing information about Stewart hunting and fishing programs, kayak and canoe demonstrations, a casting competition, a fish-cleaning demonstration and a fish fry tasting booth.

Call 767-3515 or 767-5145 for more information.



LCHS Lady Panthers volley into new season

Patty Leon
Coastal Courier

The Lady Panthers volleyball squad started its 2009 season Aug. 14 by hosting a tournament that pitted Liberty County High School against Calvary Day and Country Day.

The Lady Panthers lost to Calvary 25-18 and 25-18 and lost to Country Day 25-9 and 25-12 after two sets in each game.

However, Lady Panther coach Jene' Singleton said their biggest loss happened off the court when senior returning starter

Austin Andrews likely tore her ACL, Wednesday in school. Pending an MRI, her return for this season is doubtful.

Singleton still has three other return-

ing starters from last season and a few new faces.

"Watch for Catherine Scaggs formerly of First Presbyterian Christian Academy," Singleton said. "She helps to bring a new presence to the floor. Catherine is an all around player who can set, pass and hit the ball.

The coach said Taylor Mitchell, Miesha Quarterman and Kayla Rand are other players to watch, adding they've been seriously working on their hitting percentage.

"I think these three players will rack up on their kills."

Singleton said this year's squad is more passionate about the sport. She said their strength this season is their volley.

"They have been committed to mak-

ing sure they bump, set and hit on every play," she said. "I believe our weakness may be with our serving percentage and actual kills."

Last season, the Lady Panthers posted a 5-2 region 3-AAA record and were 11-9 overall.

Singleton knew her Friday night opponents were the toughest teams she would go against and said she was pleased her squad was able to stay competitive against both teams.

"They have a group of girls who have a lot of experience and exposure to the game," she said. "I think they are the toughest, but I predict a winning season for our squad in our region."

Their toughest team in the region this year will be West Laurens, the coach said.

"They didn't lose very many players from last year, which gives them an advantage on the court," she said.

Liberty County High Volleyball Roster 2009-10:

*Austin Andrews- senior
Kayla Rand- senior
Morgan York- senior
Miesha Quarterman- senior
Taylor Mitchell- junior
Catherine Scaggs- junior
Candace Poole- junior
Geraldine Davidson- junior
Breana Norfleet- junior
Samantha Holt- sophomore
Jasmine Williams- sophomore
Mystery Ellert- sophomore
Rachel Gordon- freshman
Taylor Christner- freshman*

Nine 'Rebels' to play at college level

Patty Leon
Coastal Courier

This year, nine players from the St. James Coastal Crew Rebels signed scholarships to play sports in college — the most Rebels ever to sign in one season.

Terrence Alston signed with Brewton-Parker College, Ricky Rivera signed with Savannah State University, Jimmy Bacon signed with Georgia Perimeter, Eli Guest signed with Mississippi Delta, Joey Bell signed with Georgia College and State University, DeAndre Ross and Shakirus Moss signed with Greensboro College and Myron Murphy and Keith Robertson signed with Middle Georgia.

All the Rebels signed to play basketball except Rivera, who will play football in college. President and Coastal

Crew Rebels founder Ernie Walthour said he was elated the successful group of kids earned the opportunity for a higher education and to play sports.

"It's a great thing for St. James, the Rebels and especially for these kids," he said.

Walthour said the kids earned their scholarships by dedicating their summers to develop skills and participate in AAU leagues like the Rebels squads.

Corporate sponsor representative Jay Osteen of Osteen and Osteen became involved with the Rebels in 1997 because he said he wanted to assist the youth in the community. He said most of the kids also attend the St. James after-school program, which offers children scripture lessons, mentoring, meals and plenty of time to hone their skills on the

basketball court.

"I am very proud of all nine St. James Rebels who received scholarships," Osteen said. "These nine young men serve as a great example of what you can achieve if you make the grade and give 100 percent effort on the court. These young men give the younger children great hope in that the younger children have witnessed their success and believe they can achieve the same. Success breeds success. I am especially proud of Keith "Bud" Robertson. Bud has been in our after school program since he was six-years old and to see Bud grow through the program and now get a chance to attend college on a scholarship makes it all worthwhile."

Former Highlander Joey Bell said hard work and hours of dedication is what it takes to make

the next step. Bell said he plans to mentor younger players and will visit St. James often to help others the same way the program helped him.

Long County Blue Tide and Rebels players Eli Guest and Jimmy Bacon said it was an honor to represent their high school at the next level. Both agree with Bell, saying kids who want to make that leap should be willing to sacrifice some of their vacation time and focus on off-season training and drills.

All the athletes excelled in the classroom as well, knowing their grades would either hurt or help their chances of playing ball in college.

"We've always stressed academics," Walthour said. "These kids prove that making the grade is just as important as being skillful on the basketball court."

3rd Infantry Division
Sergeant Audie Murphy Club
Golf Tournament

8:30 a.m., Aug. 29
Shotgun start

Waterford Landing Golf Club
Richmond Hill, GA
912-727-4848

\$45 per player or \$180 per team includes:
Range Balls
Free Lunch
18 Holes w/cart
One raffle ticket
2 mulligan's (per player)

Open to Military and Civilian
First 25 teams will be accepted
Please reserve your team by contacting:
Sgt. 1st Class Fields 912-432-1878 or
Sgt. Maj. Roberts 912-432-0425

Balfour Beatty Communities

welcome home

FORT STEWART FAMILY HOUSING



Community Management Office
50 Austin Road, Building LW50
Fort Stewart, GA 31314
912.408.2460
fortstewartfamilyhousing.com

HUNTER ARMY AIRFIELD FAMILY HOUSING



Community Management Office
1 Gannam Avenue
Hunter AAF, GA 31405
912.459.2133
haaffamilyhomes.com

MARNE POINT ELITE SINGLE SOLDIER HOUSING



Community Management Office
335 Courage Loop
Fort Stewart, GA 31315
912.408.2501
fortstewartssinglesoldierliving.com

For more information about our locations please visit our website at:

■ bbcgrp.com

