

## THE FRONTLINE

# SPORTS & RECREATION

AUGUST 27, 2009

## 50 Bird Skeet Tournament registration opens Sept 3



Bob Mathews

Lieutenant Colonel Jose Berrios's shot splits a clay pigeon during a practice shoot at the Fort Stewart Skeet and Trap Range recently.

**Bob Mathews**  
DFMWR Marketing  
Publicity Specialist

Registration gets under way Sept. 3 for the 50 Bird Skeet Tournament, a contest that will offer shooters of all levels an opportunity to put their skills to the test for pride and prizes.

The tournament will be held at the Fort Stewart Skeet and Trap Range beginning at 8 a.m., Sept. 19 and is open to Soldiers, Family Members, retirees, DOD Civilians and their guests. The registration fee is \$30 per shooter.

Shooters will compete in five divisions: Rocky Division (experts); Dogface Division (intermediate); Iron Mike Division (novice); Annie Oakley Division (women) and the Bullwinkle Division (youth ages 12 to 17).

Michael Moore, Shooting Sports Manager for the Outdoor Recreation division of Directorate of Family Morale, Welfare and Recreation, said the shooting divisions will be based on a skill level from one to 10, with 10 being expert.

"Skill level 8 to 10 will be expert, based on breaking 20 to 25 birds a round," said Moore. "Skill level 4 to 7 will be intermediate, based on breaking 11 to 19 birds a round. And skill level 1 to 3 will be novice, based on breaking 0 to 10 birds a round."

He said any shooter may participate in any division, except the women's division. Women and youth may compete in any of the three skill level divisions.

Perfection will pay off handsomely: a \$300 prize will be

awarded to the shooter who doesn't miss and breaks 50 out of 50 clay pigeons in his/her two rounds.

The top shooter in each division will win \$75.

Those who do not have their own weapon shouldn't hesitate to sign up for the tournament, Moore said.

"We will have some 12 and 20 gauge shotguns 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.

Depending on the number of shooters, he expects the tournament to end about 4 p.m. An awards ceremony will be held shortly thereafter.

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

"We're going to have what we are calling a Pre-tournament Muster starting at 5 p.m., Sept. 17," Moore said. "We plan to have a cookout for the shooters and sponsors, go over safety rules and schedule shoot times for our participants."

Moore said registered shooters will receive an invitation to the Muster Sept. 17 and a lunch coupon for a hamburger/hot dog meal during the event.

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.

### 50 Bird Skeet Tournament

**Where:** Fort Stewart Skeet and Trap Range

**When:** 8 a.m., Sept. 19

**Pre-registration:** Required, opens Sept. 3 and closes at 7 p.m., Sept. 17

**Cost:** \$30 per shooter

**Eligible:** Soldiers, Family Members, retirees, DOD Civilians and their guests

**Sign-up:** 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.

#### Want to learn more About Skeet Shooting?

Go to [www.skeetshootingtips.com](http://www.skeetshootingtips.com) for various articles about skeet shooting. Among the titles: "History of Skeet Shooting," "Introduction To Skeet Shooting," "Skeet Shooting Fundamentals," "Skeet Shooting Safety," "How To Choose A Good Shotgun" and "Ten Tips for Improving Your Skeet Shooting." Or go to [www.nssansca.com/](http://www.nssansca.com/) for the National Skeet Shooting Association and National Sporting Clays Association.



Courtesy Photo

Soldiers from 4/3 Avn., 3rd CAB, and professional bass anglers from South Carolina and Georgia fish the Savannah River during "Bass Brawl 2009" in Hardeeville, S.C., Aug. 15.

## CAB Soldiers 'brawl' for bass

3rd Combat Aviation Bde.  
Public Affairs

Soldiers from the 3rd Combat Aviation Brigade participated in "Bass Brawl 2009," a fishing tournament held Aug. 15 at the Savannah River in Hardeeville, S.C. Professional bass anglers from South Carolina and Georgia paired with Soldiers from 4th Battalion, 3rd Aviation Regiment, 3rd CAB, 3rd Infantry Division for the

tournament, which was sponsored by FLW Outdoors, named after Forrest L. Wood, the founder of Ranger Boats.

"The group invited Soldiers to fish with professional anglers at the tournaments at various times throughout the year with the anglers paying the entrance fee for both," said 1st Lt. Patrick Forrester, Company B, 4/3 Avn. "The goal of the tournament was to have a good time and to thank the Soldiers."

## Top of the Rock 5k, 10k Run

9 a.m., Sept. 26

The "Top of the Rock Run," a 5K and 10K race that allows individuals and teams to demonstrate their running endurance and ability, will take place between the Quick Track and Newman Fitness Center beings at 9 a.m., Sept. 26.

Team competition runners may pre-register at the Bennett Sports Complex and the Tominac Fitness Center until Sept. 23. Individual runners may pre-register until Sept. 25.

### 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.

# Jake's Body Shop Separating food facts from fiction

**Jake Battle**

*DFMWR Fitness Director*

Whether your athletic activities include working out, running or taking a fast walk, the right food is the key to getting the best results from exercise.

A balanced diet provides the energy to complete an exercise routine and all the nutrients necessary for tissue growth and replacement after a workout.

Putting your hopes into health products that claim to build muscles and give stamina may lead to a diet that lacks some important nutrients but has excessive amounts of others.

Nutritional practices based on half truths and misconceptions can even be dangerous if taken to the extreme, according to Barbara McLaurin, PhD, Mississippi State University.

**Myth:** Eating more protein helps build more muscle.

**Fact:** Protein is important in building and protecting muscles, but high-protein diets or supplements have not been proven to increase muscle mass. Excessive protein intake may also strain kidney functions.

**Myth:** Eat a lot of carbohydrates before each workout.

**Fact:** A high-carbohydrate diet is not necessary for a regular workout. If preparing for a long-distance event lasting an hour or longer, such as a marathon, a high-carbohydrate diet may be needed, starting several days before the event.

For events lasting less than 90 minutes, a high-carbohydrate diet for one day can adequately fuel muscles



**Myth:** Sports drinks before and after normal exercise are essential for replacing lost body fluids.

**Fact:** During activity, perspiration causes loss of water and minerals such as sodium and potassium that are important for normal body

functions.

The average American diet contains more than enough sodium to make up for losses—and potassium is widely distributed in foods, especially fruits and vegetables. Therefore, supplements are not needed unless circumstances are unusual, such as participating in a triathlon in intense heat.

**Myth:** Consuming foods or beverages high in sugar before exercising provide extra energy.

**Fact:** If you eat food high in sugar (such as a candy bar) 30 to 60 minutes before working out, it may actually have a negative effect on your performance.

The short-term energy boost may be followed by temporary low blood sugar, which limits the brain's ability to use its fuel (calories) to boost muscular function and mental drive. Fatigue would likely be the result.

**Myth:** Beverages that contain caffeine and alcohol stimulate the nervous system and provide energy.

**Fact:** Drinks that contain caffeine and alcoholic beverages have dehydrating effects, which offer no benefits to a person who works out regularly or an athlete in training.

## Soldier Fishing Day, Sept. 26

**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.**



## BASS

from Page 1C

Fishing started in the early morning hours with 40 boats. Food was provided after the fishing was done and prizes were given to those with the largest fish. Other prizes were raffled off including gift certificates to local restaurants, fishing equipment, a fish fryer and a tool set. Aside from the prizes, many Soldiers simply enjoyed fishing alongside professional fishermen who could lend their skills to them.

"I had a good teacher," said Spc. DeMarkus Clemons. "It was some good fishing, and I'd come back again."

According to their Web site, FLW Outdoors is the largest fishing tournament organization in the world. In addition to allowing Soldiers the opportunity to fish with professional fishermen, the

organization also raised \$1,200 for the 4/3 Avn., Battalion.

"There's no way these Soldiers would have had this kind of opportunity aside from this event," said 1st Lt. Forrester. "It speaks volumes about the organization that sponsored the event the fishermen who came out to support us."

**Awards:**

**Big Fish:** Sgt. David Ober, B Co., 4/3 Avn., 3rd CAB., 3rd ID - 3 lbs, 14 oz.

**1st :** Pvt. Quantas Ryan, D Co., 4/3 Avn., 3rd CAB., 3rd ID - 5 lbs, 12 oz.

**2nd :** Spc. James McDaniel, HHC, 4/3 Avn., 3rd CAB., 3rd ID - 5 lbs, 5 oz.

**3rd** Capt. Jasvincent Lizama, D Co., 4/3 Avn., 3rd CAB., 3rd ID - 4 lbs, 5 oz.



Courtesy Photo

Winners of the "Bass Brawl 2009" stand with their awards at Hardeeville, S.C., Aug. 15.

## Taylor's Creek champs named

**Jaime Deniziak**

*Fort Stewart, Hunter Army Airfield Golf*

Twenty four competitors took part in the two-day golf tournament at the Taylor's Creek Club golf championship, Aug. 22-23. Private Paul Confer, who placed first in the Open Division round of the tournament, also won the Hunter Club Championship, a feat that has not been accomplished in many years.

The 24 players were broken down into flights based on their scores from the first day of the event.

In the Open Division, "Championship Flight," Pvt. Paul Confer placed first with a total score of 148. Paul Green placed second with a score of 155. With a score of 159, Sgt. 1st Class Edward Wilder placed third.

Jimmy Bynum placed first in "B Flight" with a score of 163. Thomas Traylor scored 169 and Staff Sgt. Willie Scott scored 169, placing second and third respectively.

For "C flight," in order of descending scores, Chuck Graham scored 184; Ralph Anderson 189; and Michael Moore scored 200.

In the Senior Flight, which included players 50-years-old or older, Authur Anderson placed first with a score of 159 and Barry Bowden placed second with a score of 170.

## Hinesville Fire Dept to hold MDA golf tournament

### Hinesville Fire Department

The Hinesville Fire Department is proud to sponsor the 1st Annual MDA Golf Tournament to benefit local children and adults with Muscular Dystrophy, Sept. 26

The tournament, which will be held at Cherokee Rose Country Club, will begin with registration and introduction at noon, followed by a 1 p.m. shotgun start. An awards ceremony will be held immediately following the tournament. Teams of four in this scramble tournament will compete for many different prizes donated by local businesses. Prizes will be given for best ball, closest to the pin, longest drive

and 1st - 3rd place. Meal and drinks will be provided.

The Muscular Dystrophy Association is a voluntary health agency dedicated to finding treatments and cures for 43 neuromuscular diseases through programs of worldwide research, comprehensive medical and community services and far reaching professional and public health education. Please join us for this local effort and have fun playing golf at the same time.

Want to play or be a sponsor? Teams or individuals may sign up to play, or your company may do even more by choosing to be a sponsor. For \$50 per person, teams of four may sign up to play together.

If you do not have a four-member team, we will match you with other players for your convenience. To be a tee sign sponsor, your company name or logo will be displayed on a sign at the tee off box for \$100.

To be a hole-in-one sponsor, your company can provide a special prize to be awarded to be a winner. Your company can also donate prizes for the tournament or gifts for goodie bags will be also recognized for their important contribution.

All sponsors and participants will have first choice for next year's tournament.

*Space is limited, so please call the Hinesville Fire Department at 876-4143.*