



Photos by Spc. Dustin Gautney

Tavares Garrett, quarterback with Co. A, 3/69 Armor, attempts to avoid pressure from 26th BSB during the Fort Stewart Intramural Flag Football League play, Sept. 17.

Intramural football season kicks off

'Challengers' down 'Speed 'n Power,' 27-7

Spc. Dustin Gautney
2nd BCT Public Affairs

The 26th Brigade Support Battalion, 2nd Brigade Combat Team's "Challengers" overwhelmed Company A, 3/69th Armor Regiment, 1st BCT's "Speed 'n Power" in a 27-7 blowout during the season opener for Fort Stewart Intramural Flag Football League, Sept. 17.

With dominating speed on both offense and defense, the "Challengers" looked more like a well-oiled late-season machine, than a team playing their first game of the season.

The "Challengers" offense struck early and often, hitting the end zone on all three of their first-half possessions.

A 40-yard touchdown run from quarterback Andre Jones on the first play from scrimmage set the pace of the game.

The "Challengers" dominating play was capped off by a six-yard bullet to receiver Doug Nelson to close the half and bring the score to 20-7.

Under relentless pressure, the quarterbacks from "Speed 'n Power" could not gain any ground against the "Challengers" until late in the second half when receiver Tavares Garret broke wide open for a 45-yard reception, scoring "Speed 'n Power's" only touchdown of the



Doug Nelson, "Challengers" wide receiver, catches a six-yard pass in the end-zone as part of the 27-7 blowout against Co. A, 3/69 Armor.

game.

Read the latest intramural football schedules and standings on Pages 2C and 3C.

Left: Brian Tuck, the "Challengers" team captain, breaks a tackle during Fort Stewart Flag Football League play.

1/76 FA wins Kalsu softball championship

Special to the Frontline

The final games to determine bragging rights as the top softball team at Forward Operating Base Kalsu, Iraq, was played Sept. 14.

The Soldiers from Headquarters, and Headquarters Battery, 1st Battalion, 76th Field Artillery went on to upset the favored 230th Military Police Company, who are attached to 4th Brigade Brigade Combat Team, 3rd Infantry Division.

Coming into the finals, the 230th MPs had the upper hand, going through the double elimination tournament undefeated but ran into a stag-

gering loss against the team from HHB, 1/76th FA.

The MPs were scoreless at their first attempt at bat and 1/76 scored 4 to take the lead early.

The MPs put two on the board, only to be knocked back down as 1/76th brought in six more runs.

Determined not to give up, the MPs scored two more in the third. But the field artillery fired for effect, setting another three more points on the board.

Battered by the onslaught, the MPs went 3-up, 3-down in the fourth and 1/76 knocked in 1.

As a last ditch effort in the fifth, the

MPs' bats came alive scoring 5 and holding 1-76 to none, but time expired with the final score 14-9 in favor of 1/76th Field Artillery, extending the tournament to a second game.

Determined to steal the day in game two, HHB held the MPs at their first at bat, 3-up, 3-down, then took their own swing at scoring, putting up three.

Daunted by the mighty bats of the field artillery, the police once again scored nothing in the second inning. Without mercy, the artillery landed another five runs, making it 8-0 going into the third inning.

The police had enough and put up three unanswered scores, holding the

FA's team scoring to one.

The game settled to a give and take with the score at 10-3 when the MPs came alive in the 4th, bringing in seven runs. Coming away the field artillery resisted the police onslaught and put up five of their own, bringing the score to 15-10.

The field artillery continued their momentum in the last inning, holding the MPs scoreless and adding another three to take the game, 18-10, and the tournament two games to nil.

Editors Note: Information provided by Sgt. 1st Class Tami Hillis, 4th BCT Public Affairs; compiled by Pat Young.



Sgt. 1st Class Tami Hillis

Sgt. Christopher Matthewson, with the 230th MPs, gets caught in a "pickle" between Spc. Joseph Carrol (left) and Sgt. Michael Bailey during a matchup between HHB, 1/76 FA, and the 230th MP Co.

Jake's Body Shop: What exercise is right for you

Jake Battle
DMWR Fitness Coordinator

Besides your regular aerobics class, you think you'd like to add some additional exercises to your workout routine. Your goal is to strengthen your heart by keeping in your target heart rate.

Let's look at how you can examine the ability of various exercises to help you get to your target heart rate.

Running sprints

Will your heart rate be high enough but not too high? My heart rate will be too high. I will definitely have to stop and catch my breath.

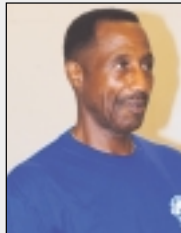
Can you run 20 minutes without stopping? I cannot run sprints for 20 minutes straight. This is probably not a good exercise for my heart.

Bowling

Will your heart rate be high enough but not too high?

My heart rate will not be high enough. I will not breathe that hard or sweat very much. I usually share a lane and spend time waiting anyway.

Can you bowl 20 minutes without stopping? Given the chance, I can certainly bowl for 20 minutes without a rest. This is probably not a good exercise



to strengthen my heart.

Walking

Will your heart rate be high enough but not too high?

Whether I breathe hard and break into a sweat depends on how hard I walk or if I am taking a pleasant evening stroll. My heart rate usually does not get high enough to be in my target, but if I am walking to work, I think it does get high enough.

Can you walk 20 minutes without stopping?

I can certainly walk for 20 minutes without a rest. This is probably a good exercise to strengthen my heart.

Karate

Will your heart rate be high enough, but not too high?

If I just practice certain moves, I probably do not breathe that hard, so sometimes my heart rate might not get high enough.

On the other hand, if we spar, I will have to stop to catch my breath. So sometimes my heart rate might be too high. But certainly sometimes I can exercise with my heart rate in my target.

Can you go 20 minutes without stopping? If I go all out, I have to stop and rest. But if I take it a little easy, I can go the 20 minutes. This is probably a good exercise.

2008 INTRAMURAL FLAG FOOTBALL SCHEDULE

Rocky's Conference

DATE	TIME	FIELD	TEAMS
Sept. 29	6:30 p.m.	1	1st BCT vs. Co. B, 2/7 IN
	7:30 p.m.	1	Co. A, 1/41 FA vs. Co. F, 2/7 IN
	8:30 p.m.	1	Co. A, 5/7 CAV vs. HQ, 5/7 CAV
	6:30 p.m.	2	90th HR vs. MEDDAC
	7:30 p.m.	2	Co. D, 2/7 IN vs. 139th MP
Oct. 1	6:30 p.m.	1	Co. B, WTU vs. Co. G, 1/41 FA
	7:30 p.m.	1	Co. A 5/7 CAV vs. 90th HR
	8:30 p.m.	1	Co. D, 2/7 IN vs. HQ, 5/7 CAV
	6:30 p.m.	2	HQ 5/7 CAV vs. Co. B, 2/7 IN
	7:30 p.m.	2	Co. A, 1/41 FA vs. MEDDAC
Oct. 6	6:30 p.m.	1	Co. B, WTU vs. Co. D, 2/7 IN
	7:30 p.m.	1	Co. F, 2/7 IN vs. Co. G, 1/41 FA
	8:30 p.m.	1	MEDDAC vs. 1st BCT
Oct. 8	6:30 p.m.	2	MEDDAC vs. Co. B, WTU
	7:30 p.m.	2	Co. D, 2/7 IN vs. Co. A, 5/7 CAV
	8:30 p.m.	2	90th HR vs. Co. A, 1/41 FA

For more information, call 767-9795 or 767-8238.

Marne Conference

DATE	TIME	FIELD	TEAMS
Sept. 29	6:30 p.m.	3	HHC, 3rd BSB vs. HHC, 26th BSB
	7:30 p.m.	3	Co. B, 5/7 CAV vs. HHT, 5/7 CAV
	8:30 p.m.	3	HHC, 1/41 FA vs. HHC, 1/9 FA
	8:30 p.m.	2	554th Co. vs. HHC, 2/7 IN
Oct. 1	6:30 p.m.	3	Co. D, 3rd BSB vs. Co. A, 3/69 AR
	7:30 p.m.	3	HHC, 26th BSB vs. HHC, 2/7 IN
	8:30 p.m.	3	HHC 1/9 FA vs. 554th Co.
	8:30 p.m.	2	15 ASOS vs. Co. B, 5/7 CAV
Oct. 6	6:30 p.m.	3	554th Co. vs. HHC, 26th BSB
	7:30 p.m.	3	Co. D, 3rd BSB vs. HHC, 1/9 FA
	8:30 p.m.	3	Co. A, 3/69 AR vs. HHC, 3rd BSB
	6:30 p.m.	2	HHC, 1/9 FA vs. 3rd Signal
	7:30 p.m.	2	HHC, 26th BSB vs. HHC, 1/41 FA
8:30 p.m.	2	HHT, 5/7 CAV vs. 554th Co.	
Oct. 8	6:30 p.m.	3	HHC, 1/9 FA vs. HHT 5/7 CAV
	7:30 p.m.	3	15 ASOS vs. HHC, 26th BSB
	8:30 p.m.	3	HHC, 2/7 IN vs. Co. D, 3rd BSB
	6:30 p.m.	1	Co. B, 5/7 CAV vs. Co. A, 3/69 AR
	7:30 p.m.	1	3rd Signal vs. 554th Co.
	8:30 p.m.	1	HHC, 26th BSB vs. HHC 1/9 FA



Sgt. Michael Marvin, 2nd Beach and Terminal Operations Company, USMC Reserve, uses his down time to participate in the Hunter Army Airfield Garrison Commander's Golf Scramble, Friday as fellow Marines, (left to right) Sgt. Chris Chrittenden, Sgt. Christopher Wiley and Sgt. Brandon Dillard, look on. The Marine team came out to defend its title from last month's scramble when it shot a collective 17 under par in the four-person team best ball format. It had to settle for second place with a score of 12 under par behind the Retirees team, consisting of Mike Hayes, Mark Stillings, B.J. Franklin, and Charlie Tukes, who scored a 57. The next Garrison Commander's Golf Scrambles will be held on Fort Stewart, Sept. 26 at Taylor's Creek and at the Hunter Golf Club, Oct. 24.

Intramural football standings

Rocky's Conference

	WON	LOST	PCT
Co. F, 2/7 IN	6	0	1.000
1/64 AR	1	0	1.000
Co. A, 1/41 FA	5	0	1.000
1ST BDE BTB	4	1	0.800
Co. B, WTU	3	1	0.750
MEDDAC	2	1	0.666
90th HR Co.	2	3	0.400
Co. D, 2/7 IN	1	3	0.250
Co. G 1/41 FA	1	3	0.250
Co. B, 2/7 IN	1	3	0.250
HQ, 5/7 CAV	1	4	0.250
139th MP Co.	1	5	0.200
Co. A, 5/7 CAV	0	4	0.000

Marne Conference

	WON	LOST	PCT
554th Co.	4	0	1.000
HHC, 26TH BSB	2	0	1.000
HHC, 3rd BSB	4	1	0.800
HHC, 2/7 IN	4	1	0.750
HHB, 1/41 FA	3	2	0.600
3rd SIGNAL	2	2	0.500
15 ASOS	2	3	0.400
Co. A, 3/69 AR	2	3	0.400
Co. D, 3rd BSB	1	3	0.250
HHT, 5/7 CAV	0	5	0.000
Co. B, 5/7 CAV	0	4	0.000
HHB, 1/9 FA	0	0	0.000

All American Conference

	WON	LOST	PCT
514th Eng.	4	0	1.000
USMC	5	1	0.800
HHD, 260th QM Co.	3	1	0.750
3rd CAV AVN	3	1	0.750
1/10th Avn.	4	2	0.670
3rd 160th SOAR	2	1	0.666
512th QM Co.	3	2	0.600
473rd QM Co.	3	3	0.500
1/3rd AVN	2	3	0.400
USCG	1	3	0.250
224th MI BN	1	3	0.250
B Co, 603rd AVN	1	3	0.200
2/3rd AVN	0	1	0.000
15th ASOS	0	5	0.000

All American Conference

DATE	TIME	FIELD	TEAMS
Sept. 25	6:30 p.m.	1	Co. B, 603rd AVN vs. 2/3rd AVN
	7:30 p.m.	1	3rd CAV vs. 3/160th SOAR
	6:30 p.m.	2	USMC vs. 512th QM
Sept. 29	7:30 p.m.	2	514th Eng. vs. 473rd QM
	6:30 p.m.	1	1/10th AVN vs. HHD, 260th QM
	7:30 p.m.	1	USCG vs. 2/3rd AVN
Sept. 30	6:30 p.m.	2	224th MI vs. 3/160th SOAR
	7:30 p.m.	2	15th ASOS vs. 1/3rd AVN
	6:30 p.m.	1	Co. B, 603rd AVN vs. 473rd QM
Oct. 1	7:30 p.m.	1	3rd CAV vs. 473rd QM
	6:30 p.m.	2	USMC vs. 15th ASOS
	7:30 p.m.	2	1/10th AVN vs. 2/3rd AVN
Oct. 6	6:30 p.m.	1	HHD, 260th QM vs 512th QM
	7:30 p.m.	1	USCG vs. 473rd QM
	6:30 p.m.	2	224th MI vs. 473rd QM
Oct. 7	7:30 p.m.	2	514th Eng vs. 1/3rd AVN
	6:30 p.m.	1	Co. B, 603rd AVN vs. 15th ASOS
	7:30 p.m.	1	USMC vs. 514th Eng
Oct. 7	6:30 p.m.	2	1/10th AVN vs. 512th QM
	7:30 p.m.	2	3rd CAV vs. 1/3rd AVN
	6:30 p.m.	1	2/3rd AVN vs. 473rd QM
	7:30 p.m.	1	HHD, 260th QM vs. 473rd QM
	6:30 p.m.	2	USCG vs. 15th ASOS
	7:30 p.m.	2	Co. B, 603rd AVN vs 514th Eng.

'Top of the Rock Run' to challenge Soldiers, teams

Bob Matthews
DMWR Marketing

It's about esprit de corps.

Which company level team of Soldiers will prove to be the fastest and the best and run away with bragging rights?

It's about competition, with oneself and others.

It's about camaraderie, about sharing a common love for running and helping one another along the way.

It's the "Top of the Rock Run," a 5K and 10K race that will start promptly at 9 a.m. Oct. 4 adjacent to Newman Fitness Center, building 439. And it's open to all Military, Families, DOD civilians and retirees who wish to compete, or just run in support of the Soldiers of the 3rd ID.

The route takes the runners down Bundy Avenue to West 18th Street, then to Wilson Avenue and completes the circuit on West 6th Street in front of Newman Fitness Center site. The route is run once for the 5K and twice for the 10K.

This Fort Stewart MWR Sports Office-sponsored event is a favorite of Randy Walker, Intramural Sports Director, because it brings together a "broad spectrum" of runners.

"You have the people who are serious about running. You have some who are just getting into it, you have the beginners. You have the Military, the DOD civilians who can compete. And you have the Military youth, some of whom are on their school's track or cross-country teams," he said.

Walker added, "These are people who enjoy running. You'll see ladies with strollers. We even see some runners with their pets. We try to make this a race that is competitive and fun."

Walker said he enjoys seeing the camaraderie the runners display. "They support each other in a lot of aspects. There was one runner who was physically challenged ... the people just loved seeing him give his all. And the older runners had encouraging words for the

young, the ones who are just getting into it. They have a tendency to talk with one another."

Walker encouraged participants to go by the MWR Leisure Travel Office, building 443 and sign up at a pre-race savings. "We give them their T-shirts when they sign up. We will give them their race kits and numbers on the day of the race."

The "Top of the Rock" was not held in 2007 because of the deployment. In 2006, it attracted an estimated 700-900 runners. The exact figure is not known, Walker said, because a number of runners did not register to compete for prizes.

Walker said the race will be run rain or shine. "The only thing that would stop us would be lightning. Over the years, we've run on windy days and rainy days."

The weather may be very cooperative this year. According to AccuWeather's long range forecast, the race will be run under sunny skies and mild temperatures. The high expected on Oct. 4 is 79

degrees.

The run is a 5K and 10K race that will start adjacent to Newman Fitness Center, building 439 9 a.m. Oct. 4.

Runners are urged to check in at 8 a.m. to ensure a prompt 9 a.m. start. Categories include 10 different age categories in the 5K and 10K run for males and females to compete including 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 and over.

Trophies will be awarded to the top three overall winners of the 5K and 10K male and female finishers (not eligible for the age category trophies) and the top two finishers in the different age categories.

In addition to the 10K individual run, there will be a 10K team competition for company level only.

Teams may have as many runners as they want, but must have a minimum of 10 runners to start and finish the race to be eligible for a team trophy and participate in the team competition.

Army to test Warrior Adventure Quest this week

William Bradner
FMWRC Public Affairs

Marne Soldiers returning from deployment are encouraged to make safety part of their transition.

Earlier this year, a Fort Rucker, Ala., a Soldier died when he lost control of his brand new sport motorcycle in a curve, hit the culvert, was ejected off the bike, and slammed into a light pole. He was wearing a helmet but had not attended the motorcycle safety course and did not have a motorcycle endorsement on his license.

Ten minutes prior to his accident, he had been pulled over by a local police officer for traveling 84 in a 55 mph zone.

While no one can definitively say why the Soldier refused to slow down even after being warned by law enforcement, Army officials believe this accident and hundreds of similar accidents have a common link. Soldiers returning to garrison life after extended combat deployments are having difficulty adjusting and are seeking the adrenaline rush they've grown accustomed to in combat environments.

As of October, 2007, 186 Soldiers have died in accidents within one year of returning from combat; 168 of them within the first six months of their redeployment. Sixty percent of the accident fatalities are sergeants or below. The overwhelming majority of the accidents involve high speed, alcohol, or both.

This weekend, the Army is testing a new program designed to help these Soldiers make the adjustment from the high-paced, high-adrenaline combat environment to garrison or "home" life.

Warrior Adventure Quest combines existing high adventure outdoor recreation activities such as skydiving, paintball, ropes courses, rock climbing, mountain biking, stock car racing, skiing, and others, with "Battlemind" training to help Soldiers make the adjustment back to a calmer paced lifestyle.

The high adventure outdoor recreation activities are a hook to entice Soldiers to participate as well as a release mechanism to give them the adrenaline boost they're craving in a safe, controlled environment.

Battlemind is the Army's psychological resiliency building program, which helps Soldiers recognize and respond to fear during combat, then mitigate the cumulative effects of a sustained combat environment and become mentally prepared to reintegrate during the redeployment, post-deployment and reset portions of the deployment cycle.

WAQ is centrally funded through the Family and Morale, Welfare & Recreation Command with oversight from the Installation Management Command and regional MWR recreation managers.

Planning is under way to bring the program to an additional 24 Army garrisons over the next year, and the long-term goal is to have every BCT participate in WAQ within 90 days of their redeployment from a combat

environment.

A number of survey and assessment tools will be used to evaluate the effectiveness of the program, including statistics from the Combat Readiness/Safety Center, the Reintegration Unit Risk Inventory, the Unit Behavioral Health Needs Assessment, and a new online survey, the Warrior Adventure Quest User Survey.

The Army plans to cycle nearly 80,000 Soldiers through WAQ over the next year at a cost of just under \$7 million. If it cuts the fatality rate in half, it will have paid for itself. If it saves just one Soldier's life, it will be worth the effort.



Courtesy Photo

Warrior Adventure Quest combines high-adrenaline sports such as whitewater rafting with Battlemind training to help Soldiers adjust to the return to garrison life from the combat environment.