



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 the 10k race on Bundy Ave., Saturday. Robinson's overall time was 40:27.

Hundreds compete for Top of the Rock

Pfc. Jared S. Eastman
1st BCT Public Affairs

The Soldiers line up at starting line. It's the beginning of a hot, muggy day at Fort Stewart, but the temperature is far from most runners' minds right now. The fort is quiet except for a few birds and moving cars, then someone yells, "Go!"

The runners take off down Bundy Avenue, some giving a tenacious glance toward the memorial trees on Warrior's Walk, which stands adjacent to their start point, maybe a silent 'thank you' to those who paid the ultimate sacrifice that they could run today. Others run with their eyes straightforward, dead set on the finish line.

The Top of the Rock Run is a 5k/10k run that is held by Fort Stewart MWR almost every year.

"First Brigade did well this morning," said Command

Sgt. Major Edd Watson, 1st Brigade Combat Team Command Sergeant Major, "The 1/41 Sergeant Major Jeffrey Ashmen took 2nd place in his age group, 2/7 Infantry Command Sergeant Major Shawn Cook took 1st place in his age group, and two females from 1/3 BTB took 2nd place in their age groups."

But it wasn't just a good morning for 1 BCT.

"We had about 200 runners today, and of course there's always competing things going on during the weekend," said Col. Todd Buchs, Garrison Commander for Fort Stewart and Hunter Army Air Field. "Families are trying to do things together and Soldiers are out enjoying the coastal Georgia events and activities, so it was a great turn out."

However, it wasn't the best turn out in recent history, said Randall Walker, Intramural Sports Director for MWR, "Last year we didn't get to run it because everybody was deployed, but two years ago we had a lot of company support, so we had a large turnout of Soldiers, especially units for team competitions, and there was about 600 that showed up two years ago because of that, about 300-400 were Soldiers in team competitions. With some of the Soldiers still deployed, we still have 4th Brigade out, so we had a pretty good turn out with 200. I was really impressed. We also had a good turn out from the Families. We try to do the Top of the Rock Run once a year; the only thing that stops us is deployments."

"It took a lot of hard work," continued Walker. "Getting everything together and getting input from everybody else in MWR doing their bit to make it work and it showed." The end of the Top of the Rock Run does not signify a break for Walker though. "MWR has a lot of events coming up, including the Sesame Street USO tour this Friday and Saturday; the 25th of October we have the Great American Yard Sale coming up, and that's a great chance for Soldiers and Families to sell some of their items that they're tired of or tired of seeing. There will be a lot of people out there both selling and buying. Right now we're focusing on Marne Week for next month, and I know there's a fun run that's going to be a part of that, and most likely a Division Run, so we may have to wait awhile to hold one ourselves. We're looking at the June time frame for our next run."

"This run was just another great event for the installation," said Buchs. "We tried to get our Soldiers, Families, and everyone together for a fun event, and this

was just that. We had some serious competitors out here today, and then we had Families come out and run together, so it was just an awesome day. We even had some units come out and run together, so it just made for a perfect day. We always try to put these events together for our Families, and as you know, we do this throughout the year and it's just another great event where we can pull people together. It's more than just a competition, it's a social thing to do as a community, and that's why we are so strong as a community."

Race Results

Women's 5k Overall

1st Amber Neely, 26, 22:01
2nd Michelle Lartigue, 39, 22:38
3rd Tara Ochoa, 39, 22:44

Men's 5k Overall

1st Andrew Lopez, 16, 18:15
2nd Stephen Aiton, 40, 20:28
3rd Michael Kowczyk, 38, 20:31

Women's 10k Overall

1st Miranda Cason, 27, 48:47
2nd Monica Lopez, 46, 50:00
3rd Caniece Thomas, 27, 50:14

Men's 10k

1st Riguberto Cisneros, 25, 38:06
2nd Felipe Vega, 39, 38:13
3rd William Webster, 22, 38:27

Team 10k

1st C Troop 3/7 Calvary: Felipe Vega, William Webster, Brad Giandomenico, Benjamin Concepcion, Ryan Folan, Jorge Soto, Brad Guernsey, Joseph Faulkner, Paul Fry, and Jeremy Simon, 7:23:39

2nd C Troop 3/7 Calvary: Lamar Glover, Robert Huffman, David Laumeyer, Zach Lawson, Preston Gregory, Jason Mathis, Bishnu Rambharose, Benjamin Philbrok, Derek Ryals, Clay White, 8:03:40

3rd Youth Challenge Academy Team: Cornelius Manning, Joshua Berryman, Jorge Rodriguez, Justin Gates, Deon Lewis, Darel Dunlap, Demetrius Newman, Sebastian James, Dylan Williams, Ricky Morand, 9:16:16



Soldiers of C Troop, 3/7 Cav. (in the order they finished), Felipe Vega, William Webster, Brad Giandomenico, Benjamin Concepcion, Ryan Folan, Jorge Soto, Brad Guernsey, Joseph Faulkner, Paul Fry, and Jeremy Simon receive the 1st place for overall best team in the 10k from Brig. General Patrick J. Donahue II outside of Newman Fitness Center. Their group run time was 7:23:39.

Newman expands building, opportunities

Bob Mathews
MWR Marketing

Renovation work is finished at Newman Fitness Center, according to Jake Battle, Morale Welfare and Recreation Fitness Director.

The new additions were designed to improve service and expand capabilities. Part of that addition was a 3,000-square-foot Aerobics room.

"Basically, that has allowed us to increase the number of classes we offer here at the facility," Battle said. He added that Aerobics classes now do not have to be held on the basketball court, freeing up the court for other, simultaneous activities.

In addition, a 3,000-square-foot weight room area was added. The new weight room allowed an increase in the number of free weight and selectorized weight machines. Battle said 40 pieces of free weight equipment was added, the selectorized equipment was moved out of the Cardio Room and 30 more pieces of cardio equipment were added.

"Now we have about 75 pieces of cardio equipment," he said.

The facility has a new interior design.

"We have gone in and changed the look of the facility, changed out the flooring and painted all the walls. We are in the process of adding flat screen TVs in the Cardio Room," Battle said.

The child care area was increased in size to accommodate 15-18 children. Previously, it could serve 8-10.

A juice bar, The Smooth Operator, was added. Previously, vending machines were the source of refreshment.

Work stations have been set aside for use by the facility's two personal trainers to use when they do assessments, offer exercise prescriptions or otherwise consult with Soldiers or their Family Members.

With the new additions, community members have room to move about and try some of the programs and activities Newman has to offer. The Newman Fitness Center offers an extensive variety of programs and activities.

A popular center spot is the pool, where the Marne Patch, a symbol of courage, sacrifice and service is

prominently displayed.

Pool programs include aquatics, aqua aerobics, drown-proofing and scuba diving.

Newman has two personal trainers, nutritional counseling, body weight assessment, weight room orientation for newcomers, a number of aerobics classes, kick boxing classes and computerized screening of blood pressure, weight and Family history.

Want to know more? A brochure is available at the center, or call 767-3031.

See related stories on Page 1A, and 1B.



Bob Mathews

Newman's added a 3,000 square foot aerobics room adds space and light to workouts.



Photos by Sgt. Jason Stadel

The Marne Men's Team begins the Army Ten-Miler. The race was held Oct. 5 in Washington, D.C. The 3rd ID men's team had a strong showing with the six runners averaging just over one hour.

3rd ID has strong showing at annual Army Ten-Miler

Sgt. Jason Stadel
2nd BCT Public Affairs

Six men and six women made up the 3rd Infantry Division ten-miler team at the 24th Annual Army Ten-Miler, held Sunday near the Pentagon in Washington D.C.

Sgt. Tim Insley, 3rd Sustainment Brigade was the first Marne Soldier to cross the finish line with a time of 59 minutes and 27 seconds. This is the second Army Ten-Miler for Insley.

"I felt great the first six miles," said Insley. "The last four miles was tough though. I started cramping. I almost had to stop once."

Even with a cramp in his side, Insley said he was able to improve his time from his last run by nearly a minute.

"I enjoy this. I've been training for about a year," he said.

Overall, the 3rd ID men's team ran an average time of one hour and 10 seconds, which was a pleasant surprise for the runners because it gave them a 7th place finish in the Active Duty Men's category.

"During the post qualification, our average was almost three minutes slower than today," said Capt. Jake Karn, Headquarters and Headquarters Troop, 3rd Squadron, 7th Cavalry Squadron, 2nd Brigade Combat Team.

"This was a great showing for our team," added Karn from Elizabethtown, Ky.

This was the second time Karn ran the Army Ten-miler.

Sgt. Jason Green was impressed that all six Marne men's runners finished so close together. "It's impressive that over a ten-mile race, all six of us finished within two-minutes of each other," said Green from 2nd Battalion, 7th Infantry Regiment, 1st BCT.

Capt. Alexis Davis was the top female finisher for the Marne Team. This was the fourth time Davis ran in the largest ten-mile race in the United States and the third time she represented the 3rd Infantry Division.

Although she didn't run her fastest time, Karn said she was happy to represent her unit.

"I'm the (rear detachment) commander for 703rd (Brigade Support Battalion). My unit is deployed right now and I can't be there with them so I'm doing my best to represent them while I'm here," she said. 703rd BSB is in the 4th Brigade Combat Team which has been deployed since late 2007 and is the last 3rd Infantry Division brigade still deployed.

Davis, a West Point graduate, said she was also inspired by the Missing Parts In Action Soldiers that competed in the ten mile race. "It's awesome to see them; they should be an inspiration to all of us."

Training as a team for the 3rd ID Soldiers was limited because of deployments; they didn't have much time to work together and get acquainted Karn said.

"Second brigade didn't get back (from Iraq) until July. I ran the qualifier eight days after I got home," he said.

"I called the MWR while I was in Iraq to make sure second brigade had a chance to qualify for the team,"

Karn said.

Capt. Pablo Cercina, 1st Battalion, 9th Field Artillery, 2nd BCT said he trained while he was in Iraq. "This was my first time running, but I think we did great as a team," he said.

About 26,000 runners ran in the race; the overall men's winner was Renaginaldo Compos from the Brazilian Army team. The Brazilian Army had an impressive showing with four of their five runner's finishing in the top 10 overall.

The overall women's winner was Veena Reddy from Arlington, Va. with a time of 58 minutes and eight seconds

Team Bliss took the top team honors in the Active Duty Men's category. In the Active Duty Women's Fort Bragg was first place.



Sgt. Tim Insley, 3rd Sustainment Brigade was the first Marne Soldier to cross the finish line. Insley ran the 24th Annual Army Ten-Miler in 59 minutes and 27 seconds.



Kalsu holds 10-Miler

Photo by Staff Sgt. Michel Sauret

Service members stationed on FOB Kalsu run past the six-mile mark during the Army 10-Miler race here Oct. 5. The event was organized by the Kalsu Mayor Cell with help from 703rd Brigade Support Battalion, 4th Brigade Combat Team and funded with the help from the Morale, Welfare and Recreation office here.

Jake's Body Shop: Warm up to exercise

Jake Battle
DMWR Fitness Coordinator



There will never be a more important part of your exercise routine than the first few weeks. This is when you will begin habits that will determine the success of your exercise.

The habits could be good or bad. Just as unfitness didn't come in a day, neither does fitness. Here's how to start a successful routine.

Keep your heart rate in the lower half of your target heart rate. You will be working hard enough to make your heart stronger but not overexerting.

Measure your exercise by time only. If you measure your exercise by both time and distance, it encourages hurrying.

While you might start with something reasonable, each day you would be tempted to push further or faster.

So try just going out to exercise for 20 minutes and do not worry about how much you can go. Just watch your heart rate and put in your time.

Slow down or rest if you need to. Some of you will find it impossible to keep going the entire 20 minutes. That is fine. The idea is to get stronger, and you will get stronger if you simply keep your body moving the entire 20 minutes.

Do not worry if you are not up to 20 minutes at the beginning. The important thing is to keep going. If you stick with it, your endurance will increase and you will be able to go the whole 20 minutes.

Listen to your body.

Occasional minor stiffness the morning after exercise is to be expected. It is a sign that you are getting into shape. Soreness may be a sign that you overdid it. You many need to cut back a little, to go slow and easy.

Warm-up and cool-down.

Like an engine on a cold morning, your body needs a chance to warm up. A warm-up gradually prepares your muscles for exercise. Warming-up is especially important for exercise that requires quick bursts of effort such as basketball or racquet sports.

Rather than plunging into exercise, take five minutes to gradually get your heart and breathing going faster. Start your normal exercise slowly and pick up the pace gradually.

When you finish your workout, your body needs a chance to cool down slowly.

This means you should slow your heart rate gently. Do not stop abruptly by standing still, sitting, lying down, or bending over with your hands on your knees.

Your heart needs to come gradually back to its resting rate. Keep moving but at a slower pace to cool down.

Rock run forecast Marne Week fun

Pat Young
Managing Editor

Marne Week 2006 was filled with thrills and chills as community members gathered to watch in the clash of titans, like when Company A, 703rd Brigade Support Battalion Hitmen upset the undefeated Company B, 603rd Aviation Support Battalion Killer Bees, 32-18 in the intramural flag football championship played at Olevy Field.

Deploying to Operation Iraqi Freedom V, Soldiers answered the nation's call and reduced the number of contestants on the Stewart Hunter's sports fields for 2007. But most of the warrior's are back, and it's Marne Week time again.

In 2006, 13 first-place trophies and 108 individual medals were given to the units and Soldiers who competed in dodge-ball, basketball, combatives, tug of war, pushball, softball, a stretcher race, skeet

shoot, golf, bench press, and the Top of the Rock Run.

Although not formally part of the Marne Week Competitions, the Top of the Rock Run kicked off the countdown to what is sure to be a hard fought competition this year too. See related Top of the Rock story on Page 1C.

Scheduled Marne Week events include the Division Run, biathlon, softball, basketball, combatives, a truck rodeo, skeet shoot, stretcher run, one-mile and five-kilometer fun runs; golf, and an Arabic linguist competition.

In addition to the sports competitions, Marne Week, Nov. 17-21, will also include a concert, carnival, 3rd Infantry Division Birthday celebration, a division formal.

Units and Soldiers are encouraged to get their teams together and prepare their Families for fun. See future editions of the Frontline for more details.

Marne combative's team takes third at Fort Benning

Special to the Frontline

FORT BENNING, GA -- More than 300 competitors and 55 teams from across the Army competed at Army Combatives Invitational Tournament conducted at Fort Benning Oct. 4 and 5.

Third Infantry Division's team took third place overall with individual victories in their respective weight categories.

Modern Combatives is a functional mixed martial art form combining brazilian jiu-jitsu, boxing, clinch hitting, takedowns and ground fighting techniques. Combatives also employs techniques borrowed from judo, kick boxing and Greco-roman wrestling.

For more information, call the Public Affairs Office at (706) 545-2238. After duty hours and on weekends, call (706) 545-2218.

Flyweight

1st - Spc. Jake Grillo, Fort Lewis, Wash.

2nd - Staff Sgt. Jeremy Taylor, Fort Sill, Okla.

3rd - Warrant Officer 1 Eric Deitrich, Fort Riley, Kan.

4th - Spc. Alberto Nunez, Fort Bragg, N.C.

Lightweight

1st - Staff Sgt. Keith Bach, Fort Stewart, Ga.

2nd - Staff Sgt. William Haggerty, Fort Bragg, N.C.

3rd - Pfc. Anthony Hoermeman, Fort Richardson, Alaska

4th - Sgt. First Class William Clark, Fort Bragg, N. C.

Middleweight

1st - Sgt. Joshua Winter, Fort Bragg, N.C.

2nd - Staff Sgt. Joshua Landspurg, Fort Bragg, N. C.

3rd - Sgt. Christopher Gordon, Italy

4th - Capt. Levi Lenon, Fort Stewart, GA

Cruiserweight

1st - 1st Lt. Jason Norwood, Fort Sill, Okla.

2nd - Maj. Larry McCord, Fort Bragg, N.C.

3rd - Capt. Brandon Bear, Fort Riley, Kan.

4th - Staff Sgt Pete Dilley, Fort Bragg, N.C.

Welterweight

1st - Sgt. Jason Kwast, Fort Bragg, N.C.

2nd - Capt. Neil Chitwood, USAAC, Columbus, OH

3rd - Sgt. Brian Stegemoller, Fort Lewis, Wash.

4th - Sgt. Chad Linz, Fort Riley, Kan.

Light heavyweight

1st - Master Sgt. John Long, Fort Bragg, N.C.

2nd - Staff Sgt. Andrew Ruff, Tripler Army Medical Center, Hawaii

3rd - Sgt. 1st Class Jared Roy, Fort Detrick, Md.

4th - Sgt. Tony Belasco, Fort Benning, GA

Heavyweight

1st - Sgt. Brandon Sayles, Fort Benning, GA

2nd - Staff Sgt. Benzell Vereen, Fort Sill, Okla.

3rd - Staff Sgt. Ruben Arriagga, Fort Bragg, N.C.

4th - Staff Sgt. Jeff Deickman, Fort Sam Houston, Texas

Team awards

1st (TIE) - 1st Infantry Division, Fort Riley, Kan. And I Corps, Fort Lewis, Wash.

2nd - 5th Special Forces Group, Fort Bragg, N.C.

3rd - 3rd Infantry Division, Fort Stewart, Ga.

Straight from the DoJang, Selecting the right school

Commentary

Phil Konz,

CYS TKD Instructor

Over the years, I have been asked how to find a good Tae Kwon Do school, especially when Soldiers and Families move into a new area. So the following are my opinions, influenced by years of work in the martial arts and may not reflect the industry standard answers.

First, understand what your goal is. Do you want your child to become a TKD world champion, or just improve his focus, fitness level, or discipline? Is TKD what you must have or will Kung Fu, Karate, or some other type of martial arts (or sports activities for that matter) fulfill your need? How much time do you have to dedicate. Cost has to be a factor too. How much can you invest?

Next, understand schools are businesses and need to make a profit. Some schools use gimmicks and lures to get potential customers while others use sophisticated, high pressured sales tactics. Normally, these are not wrong or unethical, but it does depend on the technique used. Once there, they have a better opportunity to persuade you to sign up. So when looking, shop around.

When checking schools, you can also check the local Better Business Bureau and District Attorney's Office to see if there have been complaints filed against the school.

Find out how long the school has been in business in the same location? Is the same instructor teaching or has the business changed hands? Ask to see the instructor's rank and/or training certifications. How authentic are they? Are there any irregularities in the documents such as mistakes in the language or whiteout around the names, ranks, or dates?

The martial arts industry is not closely regulated, and there are many fly by night schools around. Do not sign anything or settle on a school until you have checked out several schools.

Sit and observe a few classes in each school. Everyone could have a bad or

good day and several days will give you a better idea of how the school is run. Talk to people. Speak to other parents and ask how they feel about the school and please remember not everyone will be happy 100 percent of the time. Watch the students to see how they interact with the instructors and other students. See how your child reacts while in the school. Ask about the different class times, programs and prices.

Once you have decided on a school. Be very careful on what type/length of contract you sign. The martial arts billing companies have some good contracts that can be easily upheld in court, and these are legitimate contracts that can be held against your credit.

Don't sign any long term contracts right away. Long term contracts do offer some advantages; however, what happens when you discover what you have seen so far is just high pressured salesmanship, or that it just can't fit within your budget? For the first two or three months, just pay month by month. Yes, it will cost a bit more, but it gives you a way out if you aren't happy for any reason.

Once you have been with the school for a few months negotiate on a contract. There is no hard, fast price on a class. Be fair in your negotiations. If schools don't make a profit, they will go out of business.

Having multiple Family Members attending classes can give you get a bigger discount. Ask about cost other than monthly fees, which may include uniforms, testing, special training, equipment, etc.

Be aware of what is written in any contract you sign. If special terms are negotiated, ensure they are in the contract original and copies.

If something happens and you can no longer uphold your contractual requirements, talk to the instructors. Let them know your side, and see if you can resolve the issue with them.

Finally, when selecting a TKD school, be an informed customer. Take the time to research before choosing. Don't be afraid to negotiate. And be fair.

2008 INTRAMURAL FLAG FOOTBALL SCHEDULE

Marne Conference

DATE	TIME	FIELD	TEAMS
Oct. 14	6:30 p.m.	3	Co. G, 1/41 FA vs. HQ, 5/7 CAV
	7:30 p.m.	3	MEDDAC vs. Co. D, 2/7 IN
	8:30 p.m.	3	139th MP vs. Co. B, 2/7 IN
Oct. 15	6:30 p.m.	1	1st BCT vs. Co. B, WTU
	7:30 p.m.	1	Co. B, 2/7 IN vs. MEDDAC
	8:30 p.m.	1	Co. A, 1/41 FA vs. Co. A, 5/7 CAV
Oct. 20	6:30 p.m.	1	Co. G, 1/41 FA vs. MEDDAC
	7:30 p.m.	1	1st BCT vs. 139th MP
	8:30 p.m.	1	Co. B WTU vs. Co. F, 2/7 IN
Oct. 22	6:30 p.m.	2	MEDDAC vs. 139th MP
	7:30 p.m.	2	90th HR vs. Co. G, 1/41 FA
	8:30 p.m.	2	Co. A, 5/7 CAV vs. 1st BCT
	8:30 p.m.	1	Co. B, 2/7 IN vs. Co. A, 1/41 FA

Rocky's Conference

DATE	TIME	FIELD	TEAMS
Oct. 14	6:30 p.m.	1	HHC, 3rd BSB vs. Co. D, 3rd BSB
	7:30 p.m.	1	Co. A, 3/69 AR vs. 15 ASOS
	6:30 p.m.	2	554th Co. vs. HHB, 1/41 FA
	7:30 p.m.	2	HHC, 26th BSB vs. Co. B, 5/7 CAV
Oct. 15	8:30 p.m.	2	HHC, 2/7 IN vs. HHB, 1/9 FA
	6:30 p.m.	3	HHT, 5/7 CAV vs. HHC, 3rd BSB
	7:30 p.m.	3	Co. D, 3rd BSB vs. HHB, 1/41 FA
	8:30 p.m.	3	HHC, 2/7 IN vs. Co. B, 5/7 CAV
	6:30 p.m.	2	HHB, 1/9 FA vs. 15 ASOS
	7:30 p.m.	2	3rd Signal vs. HHC, 26th BSB
Oct. 20	8:30 p.m.	2	HHB, 1/9 FA vs. Co. A, 3/69 AR
	6:30 p.m.	3	HHB, 1/9 FA vs. HHC, 3rd BSB
	7:30 p.m.	3	HHC, 26th BSB vs. Co. D, 3rd BSB
8:30 p.m.	3	Co. B, 5/7 CAV vs. HHB, 1/9 FA	

All American Conference

DATE	TIME	FIELD	TEAMS
Oct. 9	6:30 p.m.	1	2/3rd AVN vs. 15th ASOS
	7:30 p.m.	1	USCG vs. 514th Eng.
	6:30 p.m.	2	224th MI vs. USMC
	7:30 p.m.	2	Co. B, 603rd AVN vs. 3rd CAV
Oct. 13	6:30 p.m.	1	1/10th AVN vs. 473rd QM
	7:30 p.m.	1	512th QM vs. 15th ASOS
	6:30 p.m.	2	2/3rd AVN vs. 514th Eng.
	7:30 p.m.	2	HHD, 260th QM vs. 1/3rd AVN
Oct. 14	6:30 p.m.	1	HHD, 260th QM VS USMC
	7:30 p.m.	1	USCG vs. 3rd CAV
	6:30 p.m.	2	224th MI vs. Co. B, 603rd AVN
	7:30 p.m.	2	1/10th AVN vs. 15TH ASOS

Intramural football standings

Rocky's Conference

	WON	LOST	PCT
Co. F, 2/7 IN	8	0	1.000
1/64 AR	3	0	1.000
1ST BDE BTB	6	1	0.857
Co. B, WTU	5	2	0.714
Co. A, 1/41 FA	5	3	0.625
90th HR Co.	5	3	0.625
MEDDAC	3	2	0.600
Co. B, 2/7 IN	2	4	0.333
Co. D, 2/7 IN	2	5	0.285
Co. G 1/41 FA	1	3	0.250
139th MP Co.	2	6	0.250
HQ, 5/7 CAV	2	8	0.200
Co. A, 5/7 CAV	1	7	0.142

Marne Conference

	WON	LOST	PCT
554th Co.	7	0	1.000
HHC, 3rd BSB	5	1	0.833
HHC, 26TH BSB	3	1	0.750
HHB, 1/41 FA	5	2	0.714
HHC, 2/7 IN	4	3	0.571
Co. A, 3/69 AR	3	3	0.500
Co. D, 3rd BSB	3	3	0.500
3rd SIGNAL	2	2	0.500
15 ASOS	3	4	0.428
Co. B, 5/7 CAV	1	6	0.142
HHB, 1/9 FA	0	2	0.000
HHT, 5/7 CAV	0	7	0.000

All American Conference

	WON	LOST	PCT
A Co, 603rd AVN	2	0	1.000
514th Eng.	7	1	0.880
USMC	6	2	0.760
3rd 160th SOAR	6	3	0.670
1/10th Avn.	6	4	0.600
1/3rd AVN	6	4	0.600
512th QM Co.	5	4	0.560
B Co, 603rd AVN	5	4	0.560
HHD, 260th QM Co.	5	4	0.540
473rd QM Co.	5	5	0.500
3rd CAV AVN	4	4	0.500
HSC 603rd ASB	1	3	0.250
USCG	1	7	0.120
224th MI BN	1	9	0.100