



Photos by Kaytrina Curtis

Antwon Gholson, 603rd ASB, maneuvers out of reach as a team member of HHD, 260th QM "eats dirt" during an intramural flag football game at Hunter, Oct. 6.

Hunter flag football teams battle it out



Eric Lauton, 603rd ASB, holds the football high above the heads of HHD, 260th QM team members at Hunter, Oct. 6

Kaytrina Curtis
Public Affairs Specialist

Two fields, two games – same time. Deciding which team to watch during football season on Hunter Army Airfield can be a toss up.

Hunter's intramural flag football season is on the down swing and Soldiers, Sailors, Marines, Coast Guardsmen and Airmen are hard at work proving they are the best in the game.

Monday evening's games gave Family Members and supporters a chance to come out and cheer for their favorite team.

Units such as the 260th Quartermaster Battalion and 603rd Aviation Support Battalion go head-to-head at least once a week to reach the coveted end state — the championship.

Leading the pack is the 514th Engineer Company with an 8-1. The Engineers won their most recent game against the Marines of the 2nd Beach and Terminal Operations Company, Oct. 6.

The Engineers went home victorious, 28-22.

"There are about eight teams that will advance to the playoffs and that is a good turn out for a higher level of play," said Michael Hughes, Hunter sports director.

"It has been a long time since all armed services were represented in a sport here at Hunter," he added. "It's a welcome sight to see Army, Navy, Air Force, Coast Guard and Marines playing against one another."

Hughes said he is looking forward to advancing some of the teams to the 3rd Infantry Division playoffs slated to be held during Marne Week, Nov. 17-21.



Soldiers of 1/10 Avn. and 3/160 SOAR go head-to-head during an intramural flag football game held at Hunter, Oct. 6.

Missing Parts in Action team inspires elite runners

By Tim Hipps
FMWRC Public Affairs

ARLINGTON, Va. – Brazilian Army Pvt. Reginaldo Campos Jr. won the men's division and Veena Reddy of Centreville, Va., led the women in the 24th running of the Army Ten-Miler, which started and ended at the Pentagon, Oct. 5.

Campos, 21, of Rio de Janeiro, improved upon his second-place finish in 2007 to win the race with a time of 48 minutes, 59 seconds.

Steve Hallinan, 22, of Arlington, Va., was second in 49:12, and was followed by Joseueldo Nascimento, 27, of Rio de Janeiro, in 49:12; All-Army team member 1st Lt. Philip Sakala, 25, of Fort Carson, Colo., in 49:45; and 2007 Army Ten-Miler champion Jose Ferreira, 32, of Rio de Janeiro, in 50:03.

Reddy, 29, won the women's race with a time of 58:08, and was followed by Mesert Kotu, 26, of Ethiopia, in 58:45; Gabriela Trana, 28, of Costa Rica, in 59:08; All-Army Capt. Mickey Kelly, 30, of Fort Carson, in 59:29; and Capt. Emily Potter, 29, of Alexandria, Va., in 59:40.

Jason Clark of Wilkes-Barre, Pa., won the wheelchair division with a time of 1 hour, 1 minute, 26 seconds. Hope Galley of Falls Church, Va., led the women's wheelchairs in 1:03:31.

The true "rabbits" on this picture-perfect

day for road racing, however, were the Missing Parts in Action competitors from Walter Reed Army Medical Center in Washington and Brooke Army Medical Center in Fort Sam Houston, Texas – physically challenged Soldiers who got a 10-minute head start and motivated the elite runners to work harder.

Several of the front-runners in America's largest 10-mile road race shared encouraging words and gestures as they passed the wounded warriors and wheelchair competitors, many of whom sacrificed at war to help protect their freedom.

"Something like this really puts in context what we're doing in the States and overseas with all of our Soldiers, just seeing all of the wounded warriors out there," Sakala said. "I've had two really good buddies pass away – one in (Operation) Iraqi Freedom and one in Afghanistan. When I'm feeling bad [on the run] and I look over and see these guys doing this – some running on one leg and even some double-amputees – that makes me want to go harder and makes me want to do well.

"I've got Army on my chest and those guys show what we're doing. It takes you back a little bit. I was going back-and-forth and back-and-forth with a guy in a (wheel) chair. It just makes me really proud to be an American Soldier and very proud of what I'm doing right now.



Photo by Tim Hipps

Army Ten-Miler leaders Pvt. Reginaldo Campos Jr. (471), Pvt. Philip Sakala (15) and Joseueldo Nascimento (67) close the gap on a member of the Missing Parts in Action team during the 24th running of the Army Ten-Miler, Oct. 5.

Jake's Body Shop: Get your target heart rate, improve your health

Jake Battle
DMWR Fitness Coordinator

To get the best results from exercise, it is important to remain in your target heart rate. This is when your body burns the most fat and your heart gets the greatest workout.

Use the chart to find your target heart rate. The screened area between not fast enough and too fast is your target heart rate.

The normal heart beats between 65 to 70 beats per minute. To exercise your heart, you need to make it beat faster than its normal rate, but not so fast that it is unsafe.

For example, for a 30-year-old man

the target is 115-160 beats per minute.

In other words, for a 30-year-old man to get the full benefit of his exercise, his heart needs to beat at least 115 times a minute, but no more 160 times a minute.

There are two ways to find whether or not you are in the range of your target heart rate. Both are simple and practical to know.

Begin by taking your pulse

- Use a watch with a second hand.
- Count your heart beats before exercising.
- Immediately before or after stop-



ping your exercise, place one or more fingers on one side of your Adam's apple or inside your wrist at the base of your thumb. Find your pulse beat.

•Count your pulse for six seconds. Add a zero to that number to get your heart rate. (Thirteen beats in six seconds would be 130 beats a minute.)

Take your pulse often during the first few weeks before exercise, in the middle and again immediately after you stop exercising.

As you exercise and take your pulse, you will gradually learn another way to tell if your heart rate is in your target –

by experience.

After a while, you will know if you are in your target range by how your body feels.

When you are in your target, you will be breathing hard, breaking into a sweat, but feeling good and able to continue for 20 minutes.

If your heart rate is too low to be in your target, you will not feel as if you are working very hard.

If it is too high to be in your target, you will have to stop to catch your breath or rest.

When you have a good sense of how it feels to be in your target, you probably will not need to take your pulse more than once a week.

2008 INTRAMURAL FLAG

Rocky's Conference

DATE	TIME	FIELD	TEAMS
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

Marne Conference

DATE	TIME	FIELD	TEAMS
Oct. 20	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



Photos by Kaytrina Curtis

The 2006 Hunter Champions, the 603rd ASB 'Killer Bees' kept the Soldiers from HHD, 260th QM Co. scrambling on their way to a 8 to 6 win, Oct. 6.

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