

Sports



Soldiers of the 3rd HBCT, 3rd Inf. Div., start the five-kilometer Army Birthday Fun -Run June 14, at FOB Hammer, Iraq.

3RD HBCT holds Army Birthday Fun Run

Sgt. Natalie Rostek
3rd HBCT Public Affairs

FORWARD OPERATING BASE HAMMER, Iraq – Soldiers of the 3rd Heavy Brigade Combat Team, 3rd Infantry Division partici-



First Sergeant Tony Williams, senior non-commissioned officer for C Company, 203rd BSB, carries the company guidon during the five-kilometer Army Birthday Fun-Run June 14, at FOB Hammer, Iraq.

ated in a five-kilometer Army Birthday Fun-Run June 14, at FOB Hammer.

The run began at 6 a.m. as approximately 200 participants from the 3rd HBCT, the 557th Expeditionary Red Horse Squadron, the 789th Explosive Ordnance Disposal Company, and contractors from Kellogg, Brown, and Root took their places on the starting line.

Finishing in first place overall was Sgt. Maj. Willie Washington, from Townsend, Ga., noncommissioned officer in charge of the 3rd HBCT personnel office.

“It’s just another day of (physical training),” Washington said modestly. Although he felt the run was motivating, he said he wished there could have been more participants.

First place for the females was Air Force Capt. Megan Leitch, director of operations for the 557th ERHS.

Although there were prizes, the Army Birthday Fun Run was not a race, according to Army Retired First Sergeant. John Ellis, Sr., supervisor for the Moral, Welfare and Recreation Center.

“It was a great experience,” said Spc. Lemone Johnson, F Company, 1st Battalion, 15th Infantry Regiment.

Johnson was one of the many Soldiers to

receive a t-shirt from the MWR center for being one of the first to sign up for the event. He also won an AT&T calling card for being the first Soldier from 1/15 Inf. to cross the finish line. Race winners will receive specialized five-kilometer Army Birthday Fun Run t-shirts expected to arrive to FOB Hammer in the near future.

Many Soldiers found motivation and fulfillment during the event. Others saw it as a social event.

“It was fun. Tiring, but fun,” said Pfc. Kimberly Farrow, C Company, 203rd Brigade Support Battalion.

“Seeing everybody else motivated me to keep going.”

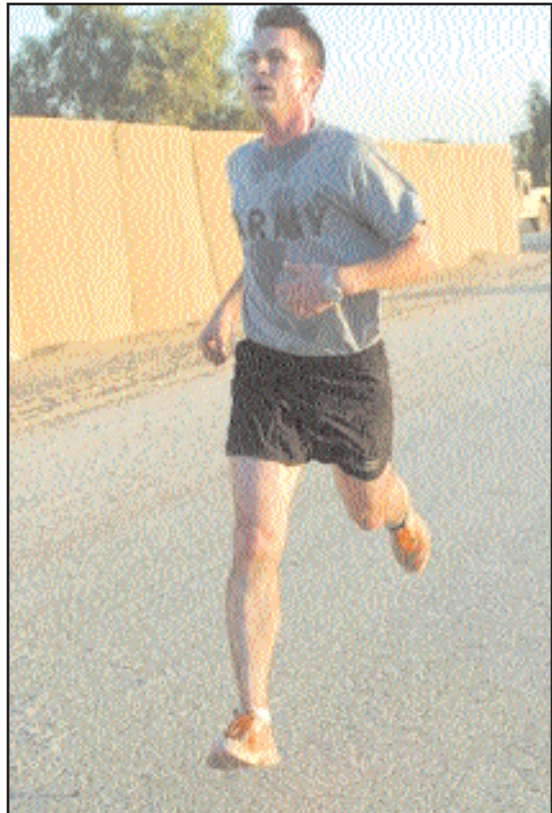
Capt. Mike Mattessich, Headquarters and Headquarters Company, Brigade Special Troops Battalion agreed.

“It was a good chance to catch up with people I don’t usually see on a daily basis,” said Mattessich.

The important thing was that fun-run gave Soldiers something to strive for, according to 1st Sgt. Tony Williams, senior noncommissioned officer for C Company, 203rd BSB.

“They know the Army is getting older just like we are getting older,” he said.

The next MWR group run at FOB Hammer will be July 4.



Capt. Mike Mattessich, HHC, STB, sprints the final stretch of the five-kilometer Army Birthday Fun-Run June 14, at FOB Hammer, Iraq.

NBA stars visit Soldiers

Special to the Frontline

Forward Operating Base KALSU – They stand 6’3,” 7’0” and 7’6,” but in the presence of Soldiers, they are the ones looking up.

Former National Basketball Association stars Greg Minor, Thurl Bailey and Shawn Bradley visited Forward Operating Base Kalsu to meet the troops stationed there June 15.

The trip was part of the Classics of Hardwood 2007 Goodwill Tour to visit 20 FOBs: two in Kuwait and 18 in Iraq, to raise troop morale.

This visit included autograph sessions, meet and greets, hospital visits, basketball clinics and 3-on-3 competitions.

“You can just tell we’re doing something by the big smiles on (the troops’) faces,” said Minor, a former Boston Celtic.

Such smiles have kept Bailey, a former all-star with the Utah Jazz and Minnesota Timberwolves, coming back. Bailey as a participant in the Classics of Hardwood tours has been to Kosovo, Bosnia, Italy, Germany and Sarajevo.

“If you talk to most peo-

ple in the states, if they had an opportunity to do something, even something small to boost morale, they would do it,” he said. “We get to do it firsthand.”

Thurl brought friends with him this year, a 7’6” former center for the Philadelphia 76ers, New Jersey Nets and Dallas Mavericks.

“Bailey asked me to do it, and I thought it was a great opportunity,” Bradley said.

By coming over, Bradley said he is able to bring the message that people back home care about the troops and support them.

“All the positive reinforcement can’t hurt,” Bailey said.

Neither did having the stars sign autographs and take photos with the troops.

“I was so excited to know they were coming,” said Pfc. Monique Grogan, C Company, 26 Brigade Support Battalion. “It was nice of them to come down here to see us.”

Grogan, a 2nd Brigade Combat Team, 3rd Infantry Division Soldier, said she was thrilled by their generosity, having received autographs for her kids, mother and father.

Spc. William Eskeridge shared his comrade’s enthusiasm. A basketball fan who remembered watching Bradley play, said finally seeing him in person was a great experience.

The three basketball stars said they were also touched.

“It is a real blessing for us,” Bailey said, adding that seeing the sacrifices made by the young men and women in the armed forces, who protect the freedoms enjoyed back home, makes him appreciate those freedoms even more.

“I hope they come again,” Grogan said.



Shawn Bradley, former NBA star, at 7’6”, towers over Spc. Johnathan Krebs, 15th Finance Battalion. Bradley was one of three former NBA stars to visit FOB Kalsu June 15.



Courtesy Photos

Thurl Bailey, a former NBA star, signs an autograph for a Soldier at the FOB Kalsu’s dining facility June 15. Bailey, along with Shawn Bradley (background) and Greg Minor, visited the troops as part of the Classics of Hardwood 2007 Goodwill Tour.

Racquetball pro gives clinic at Hunter



Nancy Gould

Brenda Kyzer, a racquetball professional, demonstrates techniques during a free clinic held at Hunter Fitness Center June 16.

Nancy Gould
Hunter Public Affairs

It isn't often that a professional athlete visits Hunter Army Airfield. But when Eli Wilson, the Hunter Fitness Center director, was asked if Brenda Kyzer could give a clinic, he jumped at the opportunity.

Kyzer, a racquetball professional offered Soldiers and Family members at Hunter the opportunity to participate at a free clinic, June 16.

"Racquetball is big here and on most military installations," said Wilson.

"Players start rolling into the fitness center daily about 5 p.m. and the courts are full until closing."

Kyzer gives 15 to 20 clinics around the country yearly.

About 20 racquetball enthu-

siasts gathered from 10 a.m. to noon for the clinic, including a college fitness instructor, two international players, and others who just enjoy playing. Kyzer started the clinic with a brief summary of her background and credits.

"I didn't particularly like the tennis lessons my mother made me take at 16," said Kyzer.

Kyzer began to play and watch racquetball matches, and moved on to more serious play in 1978. She left for a 19-year hiatus, then returned to the Ladies Professional Racquetball Association and won the U.S. Open Women's Open Division in 2002, which she considers the highlight of her career.

Kyzer covered topics such as style, technique, how to prepare for tournaments, conditioning, and how to drill and

improve the game.

After a general question and answer period, she worked with small groups where participants practiced serving and other techniques.

Spc. John Hardin, assigned to Combat Aviation Brigade's rear detachment, was enthusiastic about the clinic. Hardin has been involved with racquetball since age 17, but a recent shoulder surgery has slowed down his playing and requires that he is careful with how he plays.

"I shouldn't be playing at all, but I just can't sit back," he said. "I really enjoy it."

Hardin said he also enjoyed the clinic.

"Brenda's worth watching and listening to," he said.

"She's the first pro I've ever had an opportunity to talk with directly."

Spouse dominates local fitness contest

Angela Dasher
Frontline Staff

When most people think about bodybuilding as a sport, they usually think about massive, muscled-up men bodybuilders; however, women are just as much a force in the sport as men.

Manuela Hooper dominated the 2007 Southern Isles Bodybuilding and Figure Championships held at Armstrong Atlantic State University in Savannah June 9-10.

Hooper was in the lightweight category and placed first in the women's open overall, women's open lightweight, and women's masters over 30.

"Placing first in the competitions has definitely been one of my biggest accomplishments," said Hooper. "I was completely overjoyed when they announced my name. I've been training five-days-a-week, two-hours-a-day for the past six months, and I feel like my hard work has really paid off."

This is Hooper's third time competing in the Southern Isles Bodybuilding and Figure

Championships. In 2003, she placed first in women's open middleweight, and took third overall.

Last year, Hooper improved her results by placing first in women's open middleweight and in women's over 30 category, and second overall.

"I've been a very active person my entire life," said Hooper.

"As a child, I was involved in gymnastics and ran track. I love working out; I've been working out for about ten years now. I think you really have to like and enjoy the lifestyle of a bodybuilder to be successful."

Hooper is an employee at AAFES, and her husband, Sgt. Melvin Hooper, is Soldier with 5th Battalion, 7th Cavalry Regiment currently deployed to Iraq. Originally from Germany, Hooper owns a local personal training business.

"My husband and I are complete opposites," said Hooper.

"He is not into working out and hates whenever I mention it, but he is always extremely supportive of me," she said with a laugh.



Adrian Williams

Manuela Hooper, a Southern Isles Bodybuilding Figure championships winner, poses with her first place awards.

BRAG rolls into Hinesville

Patty Leon
Coastal Courier staff writer

Hundreds of cyclists pedaled into Hinesville June 15, bound for "Camp Bradwell" — the next-to-last stop on a weeklong trek that took them across the state of Georgia.

As the participants in the Bike Ride Across Georgia rolled into town, the hallways, classrooms and gym at Bradwell Institute began to fill with inflatable beds, bikes and blankets; and rows and rows of tents lined the track field while RV's dotted the parking lots.

Although they had been drenched in downpours at times, the rain failed to dampen the cyclists' spirits.

Ranging in age from 4 to 84, they remained energized and spoke positively about their ventures from Columbus to Liberty County.

Eunice Hess, 75, of Pennsylvania, has been on many bike trips around the nation.

"I've done many of these before and I thought, 'Let's do Georgia.' It was a little hot but the rain cooled us off and felt great," she said.

Hess made the trip with her son, his wife and their daughter.

Traveling with her family did not deter her from taking things in stride.

"I like to ride on my own," she said. "There are times when I want to go fast and there are times when I just want to slow down. It's great because you can go at your own pace."

"My husband stayed home this time," continued Hess. "He decided he was done but I can't do that. I need to keep on moving."

The Kelly family of Dublin said it is wonderful to ride together and chose participating in BRAG as their vacation.

Jacob Kelly rode a tandem bike with his 7-year-old son, Cameron, while his wife, Melody, and his mother, Leslie,

followed on their own bikes.

"It's a nice coincidence that it's also Father's Day weekend," said Jacob Kelly. "That was like a bonus treat. Next year, we plan to recruit even more family members to join us."

Team Danger is an international cycling club with chapters in Canada, Mexico and the United States. A particularly rowdy group, they participated in BRAG just for the fun of it.

"Our group is primarily out of Augusta," Randy Cantu, the team's spokesperson, said. "We push ourselves as hard as we can go and it's all about having fun."

In keeping with the tradition of not taking life too seriously, the team described themselves as dangerous people on dangerous bikes riding on dangerous roads.

"Our motto is, 'If no one ended up in the hospital or in jail, then it was a good bike ride,'" Cantu said.

Team Special Olympics also joined BRAG as a means of relaxing and enjoying themselves.

"When I initially came on board for the Special Olympics, it was to train them for competition," team coach Lee Tidmore said. "But, we decided to expand and let them participate in other activities as well."

As with most teams and riders, the cyclists are followed by "SAG" wagons, an acronym for support and gear. The wagons are used to carry equipment and supplies from one destination to another. They also provide transportation for riders who may become fatigued or over exposed to the elements.

For the cyclists, BRAG was an opportunity to tour Georgia. For Liberty County, the event provided exposure and financial gain.

"We set up a hospitality table and literally gave directions to almost every store and restaurant, and some of the hotels in town," Kenny Smiley, Liberty County Chamber of Commerce executive director, said.

"This was a real boost to our economy."

Hunter women learn self defense

Nancy Gould
Hunter Public Affairs

More than 20 women, including six teens, gathered at the Hunter Fitness Center June 16 to learn how to defend themselves against an attack or rape. Iris McGraw, a preventive services instructor with the Rape Crisis Center in Savannah, explained how to "use your head" to avoid vulnerability. She showed physical techniques on how to "fight back" an aggressor and share information about the most common factors involved in rape.

Vonda White, who has taken the course before, brought her two teens and a teenage niece to the three-hour seminar so they could learn defense techniques, gain confidence, and prevent their likelihood of becoming victims.

"This is a good course," said White. "I took it at their age."



Nancy Gould
Pretending to be an attacker, 16-year-old Shakerina Bonaport (left), gets a surprised push from her 14-year-old cousin, Candis White. The girls were among 20 others attending the class who paired up to practice the technique.

2007 INTRAMURAL SPORTS

Rocky's Conference

	Won	Lost	PCT
C co 4/64AR	8	0	1.000
C 3/7Inf	4	0	1.000
HHC 4/64AR (A)	7	1	0.840
A co 3/7Inf	7	1	0.840
B co 4/64AR	5	2	0.714
D 3/7Inf	4	3	0.570
D 4/64AR	4	5	0.440
E 4/64AR	2	5	0.285
HHC 4/64AR (B)	2	5	0.285
E 703RD (A)	2	6	0.250
A co 4/64AR (B)	1	4	0.200
E 703RD (B)	1	6	0.142
A co 4/64AR(A)	1	6	0.142

Hunter Conference

	Won	Lost	PCT
E Co. 3-3rd AVN	8	0	1.000
A Co. 224th MI	6	2	0.800
B Co. 224th MI	4	1	0.750
10th TRANS Co.	4	2	0.750
514th ENG Co.	3	3	0.600
D Co. 3-3rd AVN	3	4	0.500
110th QM Co.	2	5	0.500
473rd QM Co.	2	6	0.500
15th ASOS AF	1	1	0.200
RIGGERS	0	9	0.000

Marne Conference

	Won	Lost	PCT
MSC, STB 9	13	0	1.000
632th Maint. Co.	8	4	0.660
USAG MPs (B)	7	6	0.538
549th MP Co.	5	7	0.417
USAG MPs (A)	4	8	0.330
135th QM Co.	0	12	0.000

Softball Standings