



Pat Young

Major General Rick Lynch, 3rd Inf. Div. Commanding general introduced the Marne Division, Stewart-Hunter Army 10-Miler team to Soldiers, Civilians and Family members Friday night at Rockies.

Lynch, front row center posed for a photo with team members who were present. Front row, left to right: Sgt. 1st Class Couretta Sirmans, 224th MI Battalion; Capt. Alexis C. Davis, 703rd FSB, 4th BCT; Maj. Gen Rick Lynch; Lt. Col. K. Ann Burdeshaw, STB, G6; and Lt. Col. Ellen Birch, Division STB. Back row: 1st Sergeant Don Rangel, HHC, 1st BCT; Capt. Richard

Stackpole, 1/3 BTB, 1st BCT; Pfc. Ryan Hughes, 632nd Maintenance Co. 87th CSSB; Spc. Timothy Insley, STB, 3rd Sustainment Bde.; Spc. Eric L. Hawes, 549th MP Co. 385th MP Battalion, Capt. Michael Trust, MEDDAC; and Capt. Richard Stackpole, 1/3 BTB, 1st BCT.

The 10-miler competition-team members not in photo are Capt. Erin Drifmeyer, MEDDAC for the women's team; Sgt. 1st Class Kent A. Smith, 188th Infantry Bde for the men's team; and Capt. Kurt Gurka of the Office of the Staff Judge Advocate for the senior's team.

## Army 10-Miler team ready, set to go Oct 5-6

Pat Young  
Frontline Staff

The 3rd Infantry Division, Fort Stewart and Hunter Army Airfield is on the move again, deploying four teams Oct. 5 to face the world in Washington D.C. at the Army 10 Miler.

The Army Ten-Miler helps raise money for the Army Morale, Welfare and Recreation programs, and according to the official website at [www.armytenmiler.com](http://www.armytenmiler.com), it is an effective fund raiser as it is the nation's most attended race with an expected 30,000 people in attendance.

The race starts and finishes at the Pentagon. It passes a number of landmarks including the Lincoln Memorial, Washington Monument, and the Capitol and has competition categories including overall top male, female, master's male and female, wheelchair, and have twenty-four other team awards.

Event activities include the 10-mile race, which features more than 650 military and civilian teams striving for titles and trophies such as the Commander's Cup, and international Army competition. But the race also offers more. It has race and running clinics, vendors and demonstrations, a pasta dinner sponsored by GEICO, and more than 50 tents that demonstrate the Army spirit will be featured in the HOOAH tent zone.

Maj. Gen. Rick Lynch, the 3rd Inf. Div. commanding general introduced the team members who would represent the Marne Division and Stewart-Hunter Friday at Rocky's. The teams include three competition teams, the men, women,

and seniors and the spouse's team.

The female competition team members are Lt. Col. Ellen Birch, Special Troops Battalion, Div. Headquarters; Lt. Col. K. Ann Burdeshaw, STB, G6; Capt. Alexis C. Davis, 703rd Forward Support Battalion, 4th Brigade Combat Team; Sgt. 1st Class Couretta Sirmans, 224th Military Intelligence Battalion; and Capt. Erin Drifmeyer, MEDDAC.

The male team representatives are Capt. Richard Stackpole, 1st Battalion 3rd Brigade Troops Battalion, 1st BCT; Capt. Michael Trust, MEDDAC; team captain, Spc. Eric L. Hawes, 549th Military Police Company, 385th MP Battalion; Spc. Timothy Insley, STB, 3rd Sustainment Brigade; Pfc. Ryan Hughes, 632nd Maintenance Co., 87th Combat Service Support Battalion, 3rd Sustainment Bde.; and Capt. Kurt Gurka, Office of the Staff Judge Advocate.

Hawes, a previous 3rd Inf. Div. 10 miler team member and this year's team captain, who is also the father to a new baby boy, said this year's team looks great and has been working hard to give a good representation.

"We train together three days a week on Monday, Wednesday and Friday," Hawes said. "Mondays are for distance Wednesday for speed and track on Friday."

The Master's Men's Team consists of 1st Sergeant Don Rangel, Headquarters and headquarters Company, 1st BCT; and Sgt. 1st Class Kent A. Smith, 188th Infantry Bde.

The Spouse Support Group team, sponsored by the Coastal Chapter of the Association of the United States Army, consists of Christina Anthony, Sarah Batt, Jayne Bernarbe, Danielle Briseno, Alicia Broadwater, Hayley Buchanon, Linda Cardon,

Heidi Charlton, Jenny Fitch, Abby Fleming, Audrey Frohnhoefer, Kerry Fuller, Nicole Halladay, Emily Hart, Rebecca Inge, Shari Jackowski, Corry Johnson, Terri Kanicki, Victoria Kessel, Denise Lutsky, Jamie Matthews, Liz Mras, Meredith Murray, Katherine Reynolds, Nicole Scheibe, Katie Stagliano, Jessica Stephenson, Alicia Stillwell, Alicia Surrey, Els Sutton, Lisa Theissen, Hillary Trotter and Gabrielle Winton.

Winton, the spouse team captain, said their team was going to represent the Families of deployed Soldiers. They were going to let the world know the Families were still there, staying focused and positive while they await their Soldiers return.

Last year, the races final statistics, according to [www.4army.mil](http://www.4army.mil), had more than 16,000 starters and more than 15,000 finishers. The fastest overall male was Kevin McGarry who finished in 50:05. The overall female was Marianne Dickerson who finished in 58:45.

Last year's team, representing the Marne Division, Fort Stewart and Hunter Army Airfield, did exceptionally well. The men took ninth place in the Active Duty Open Men Category and 22nd overall with a total time of 4 hours, 7 minutes and 15 seconds. The women took 10th place in the Active Duty Open Women category, 115th overall, with a score of 4:58:29 for the top four members. Contributing to that score were two of this year's returning competitors, Sirmans who took 9th with a time of 1:07:37 and Davis who took 23 with a time of 1:12:56.

In addition to the spouse's team, the Coastal Empire AUSA will also provide two tents for the event. One for the runners, and another for the HOOAH tent display, said Louis Carreras, President of Coastal Empire AUSA.

## Stewart-Hunter golfer earns longest drive spot

Tim Hipps  
FMWRC Public Affairs

ALEXANDRIA, Va. – Fort Stewart-Hunter Army Airfield will be represented at the 2007 Military Long Drive Championship presented by Cadbury Schweppes.

Coast Guard Airman Ryan Hixson won the Zone 4 competition, earning Stewart-Hunter a seat among five other competitors for the competition.

With a 346-yard drive at Fort Stewart, Ga.'s Taylor Creek Golf Course. Hixson, 25, a native of Cincinnati, who is stationed at Coast Guard Air Station Savannah, Ga., earned his right to compete for \$10,000 during the finals.

"I've always been able to hit the ball long," Hixson said. "I heard about this competition and decided to try my luck."

Hixson is just one among thousands of big hitters who have taken their best shot at reaching the World Long Drive Championship.

Hixson will join four other individuals who won spots across the military services. Among his competitors are one Air Force, and three Army golfers

The winners from each of five zones earned an all-expenses paid trip to compete Oct. 25 in the military division of the RE/MAX World Long Drive Championship at the Palms Golf Club Driving Range in Mesquite, Nev.

Zone 1 winner 1st Lt. Jeremy Williams of the Utah Army National Guard had the longest qualifying drive of 404 yards at the lofty altitude of Fort Carson, Colo.'s Cheyenne

Williams, 31, a field artillery officer from Beaver, Utah, has been playing golf for 20 years and has a 2 handicap.

Army Sgt. 1st Class John Merritt II won Zone 5 with the second-longest qualifying drive of 386 yards at The Courses on Fort Meade, Md.

Merritt, 38, a 19-year Army veteran from Savannah, Ga., has been golfing since he was 10. Stationed at the Human Resources Command in Alexandria, Va.

Merritt most frequently plays at Fort Belvoir (Va.) Golf Club, an Army Family and Morale, Welfare and Recreation Command facility.

Air Force Staff Sgt. Carl Taylor won Zone 3 with a 384-yard blast at Piney Valley Golf Course on Fort Leonard Wood, Mo. Taylor, 41, of Troy, Ill., took up long driving when his knees stopped supporting his softball habit.

"Now I get to hit the ball and don't have to run anymore," quipped Taylor, who added that his golf handicap is "my irons."

Army Sgt. Bryan King prevailed in Zone 2 with a drive of 381 yards at The Courses at Clear Creek on Fort Hood, Texas. Stationed in Wurzburg, Germany, King actually lives in Mesquite – Texas, that is, not Nevada.

### Free bowling and fellowship at Hunter Lanes

Hunter Youth Ministry invite youth to a free day of fun, food, fellowship and faith at Hunter Lanes, 1-3 p.m. Oct. 14. Chapel congregations are encouraged to attend. For more information or to make your reservation, call Charles Archer, Hunter youth ministry coordinator at 315-5934 or 315-5515.



## Honor, Strength, and Courage Charity Golf Classic

**Hunter Army Airfield Golf Course**  
**Saturday, October 13 0700-1300**  
**Players: \$100.00**  
**POC: Alison McKinney (912) 398-6915**

Benefitting the Hunter Spouses' Club  
Welfare and Scholarships

# Jake's Body Shop

## Time marches on, make exercise part of any lifestyle

**Jake Battle**  
*DMWR Fitness Director*

Once you make exercise a way of life, you will wonder how you ever got by without it. But until exercising becomes a habit, it can be challenging to find time for fitness.

Even though you know you should work out regularly, you may find yourself putting it off more often than not.

You don't have to keep feeling guilty for not exercising. There are a number of easy ways to add exercise to your day. Here are some tips to help you stop the excuses and start getting fit.

### Everyday fitness

In your daily routine, there are many ways you can exercise. Start taking the stairs instead of the elevator. Park your car in the last spot rather than looking for the parking place closest to the door. Even playing Frisbee or soccer with your kids is a great way to get fit.

It doesn't take much time to incorporate exercise into your everyday lifestyle. Even these small additions can make a real difference in helping you get fit.

### Break it up

Maybe you have had a hard time exercising regularly because of your busy schedule. Fortunately, working out doesn't have to be done all at once.

You could take a 15-minute walk during your lunch break and another one after supper. Or you could help your body wake up in the morning by stretching and doing sit-ups and push-ups. Finish off your efforts to exercise by riding a bike after work.

### Schedule it in

To experience exercise success, you have to be committed to getting in shape. Instead of putting exercise at the bottom of your list of priorities, schedule your workout as you would an important appointment.

In your daily planner, leave time for your workout. This will help you be more consistent.

You can get in shape even if you have not exercised in years. All it takes is your commitment and willingness to look and feel better through regular exercise.

### Don't 'weight' any longer

1. Start looking for ways to exercise in your daily routine. Play with the kids or ride your bike instead of sitting with the TV remote in your hand.

2. If you have only a little bit of time in your day for a workout, exercise in 15-minute chunks instead of doing it all at once.

3. Make exercise a priority by scheduling it into your day. This will help you avoid giving excuses when it comes time to put on your tennis shoes.

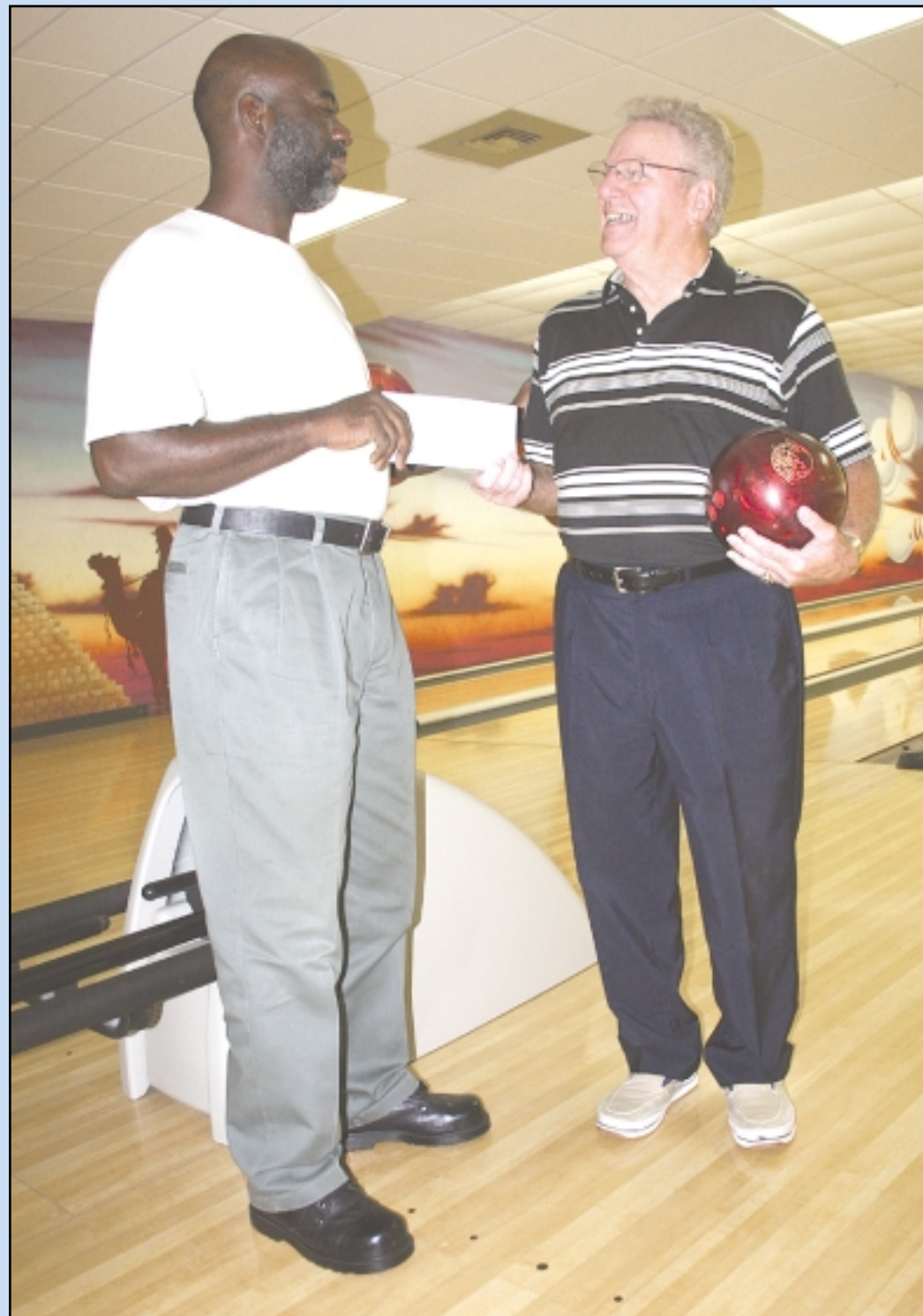


photo by Jim Jeffcoat

Fort Stewart Bowling Association Vice-President Ivey Sarvis presents high-score bowler, Jim Stanoff a \$50 award for Stanoff having earned high series at 563 and high game, knocking down 214 pins, while bowling with his league at Fort Stewart's Marne Lanes, recently.

## 2007 HIGH SCHOOL FOOTBALL SCHEDULE

### BRADWELL TIGERS

Date	Time	Opponent	Location
Sept. 28	7:30 p.m.	Beach*	Home
Oct. 5	7:30 p.m.	Jenkins*	Away
Oct. 11	5:15 p.m.	Jenkins*	Bradwell
Oct. 12	7:30 p.m.	Windsor Forest*	Home
Oct. 20	7:30 p.m.	Johnson, Savannah*	Away
Oct. 26	7:00 p.m.	Groves*	Home
Nov. 2	7:30 p.m.	Savannah*	Away
Nov. 9	7:30 p.m.	Camden County*	Away

\*=Region Game

### LIBERTY PANTHERS

Date	Time	Opponent	Location
Sept. 29	7 p.m.	Harlem	Home
Oct. 5	7:30 p.m.	Glenn Hills	Home
Oct. 12	7:30 p.m.	Burke County*	Away
Oct. 19	7:30 p.m.	Richmond Hill*	Home
Oct. 26	7:30 p.m.	Hephzibah*	Away
Nov. 3	7:30 p.m.	Benedictine*	Away
Nov. 9	7:30 p.m.	South Effingham*	Home

\*=Region game

## 2007 INTRAMURAL FLAG FOOTBALL

### Marne Conference

	WON	LOST	PCT
F 703rd BSB	7	0	1.000
B Co. 4/64 Armor	6	1	0.857
A 703rd BSB	5	2	0.714
549th MP Co.	3	4	0.428
C Co. 4/64 Armor	3	4	0.428
E Co. 4/64 Armor	2	5	0.258
92nd Chem Co.	1	5	0.166
HHC 4/64 Armor	0	7	0.000

### Rocky's Conference

	WON	LOST	PCT
C Co. 3/7 Inf.	6	1	0.857
632nd Maint. Co	5	2	0.714
E 703rd BSB	5	2	0.714
135th QM Co.	5	2	0.714
A Co. 3/7 Inf.	2	5	0.285
G Co. 703D BSB	2	5	0.285
HHC 4/3 BSTB	2	5	0.285
HHC 4th Bde.	1	6	0.142

### Southeastern Conference

	WON	LOST	PCT
B Co. 1/76 FA	5	1	0.833
15 ASOS	4	2	0.666
D Co. 4/64 Armor	3	3	0.500
HHT 6/8 Cav.	0	6	0.000

### American Conference

	WON	LOST	PCT
3/3 Avn	11	0	1.000
514th ENG	8	3	0.727
512th QM	8	3	0.727
USCG	6	5	0.545
473rd QM	6	5	0.545
10th Trans.	6	5	0.545
224th MI	5	6	0.455
D Co. 3/160th SOAR	5	6	0.455
HHD 260th QM	5	6	0.455
24th Ord.	3	8	0.273
USMC	2	9	0.182
110th QM	0	11	0.000

### 2007 Intramural Football Playoffs

Stay tuned to next week's Frontline to get the Stewart-Hunter Intramural Flag Football playoff results. You can also view the Frontline online at

[www.stewart.army.mil](http://www.stewart.army.mil)



Nancy Gould

The flag football season comes to a close for 3rd Battalion, 160th Special Operations Aviation Regiment, U.S. Army Special Operations Command, at a game held at Hunter Army Airfield's Squires Sports Complex Sept. 2. The team played their last game of the season against the 473rd Quartermaster Company, 260th Quartermaster Battalion, 3rd Sustainment Brigade.

"I won't forget this season," said Mike Hughes, Hunter Army Airfield recreation director. "The Soldiers here were focused on playing and they made me proud." Hughes said the 3rd Battalion, 3rd Aviation Regiment, ended the season undefeated with 11-0. The three other teams competing at Fort Stewart are: 512th Quartermaster Co., 260th Quartermaster Battalion, 3rd Sustainment Brigade; 514th Engineer Firefighting Detachment, 260th Quartermaster Battalion, 3rd Sustainment Brigade; and a team from the U.S. Coast Guard's Air Station Savannah.