

# Sports

## 10-mile runners prove Army Strong

Pat Young  
Frontline Staff

More than 17,000 runners competed in the 2007 Army Ten-Miler held in Washington D.C. Oct. 7, the nation's largest 10-mile competition, brought athletes from around the world to test their metal.

Among the crowd were more than 40 athletes from Fort Stewart-Hunter Army Airfield who represented the installation, the 3rd Infantry Division, and Families of deployed Soldiers.

The Stewart-Hunter representatives included the men's competition team, three members of the women's competition team, two Soldiers in the senior's division, and thirty-three members of the Stewart-Hunter spouses team. The spouses team was sponsored by the Coastal Empire chapter of the Association of the United States Army.

The Army Ten-Miler, is an annual Army Morale, Welfare and Recreation fund raiser, according to the official website at [www.armytenmiler.com](http://www.armytenmiler.com). The proceeds go toward programs that support Soldiers and their Families. But the event also provides a world-class competition.

The 10-mile race features more than 650 military and civilian teams striving for titles and trophies such as the Commander's Cup, the international Army competition and has categories that included overall top male, female, master's male and female, wheelchair, and twenty-four other team awards.

The race was released in three waves from the Pentagon. The runners traveled along a course that wound through the capital city, passed several Washington D.C. memorials including the Lincoln Memorial, Washington Monument, and the Capitol, then headed back to the Pentagon.

The race conditions were grueling, with temperatures ranging in the upper 80's, and rules that dictated runners maintain a 15-minute pace until the eight mile point, according to the website.

Water stations were set up every two miles; however, water ran low and out at some stations as the race progressed.

The Stewart-Hunter competition male team was made up of 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. However, due to scheduling issues, Insley didn't compete as part of the team, but in the individual competition.

The top four scores from each team were calculated to determine team placement. The final score was not official as of publication date. The Fort Stewart-Hunter Army Airfield men's team finished 23rd for military men, and 129th overall with a score of 5 hours, 10 minutes and 08 seconds for 10 miles, according to the website as of Oct. 12. Gurka won 68th in the men's 25-29 division, 347th overall with a time of 1:06:36.

Hawes took 77th in his age division, 394th overall who finished in 1:07:22. Trust earned 359th in his age division, 2440th overall with a time of 1:20:38. Stackpole finished 695th in age division, 2420th overall with a time of 1:35:33. Spc. Timothy Insley posted a time of 1:00:35 minutes, finishing 14th in his division, 101st in the men's category, and 106th overall.

"It was very rewarding to train and run with such a fine group of Soldiers," Gurka said. "I am disappointed that Specialist Insley was unable to run as an official member of the team due to ATM regulations, but his outstanding work in finishing in under 61 minutes did not go unnoticed by anyone on the team."

The female competition team members were 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.; However, Burdeshaw nor Drifmeyer were able to deployment and Family illness respectively. The three remaining female team members competed as individuals.

Finishing fastest of the Stewart-Hunter women, Sirmans, posted a time of 1:10:42, earning her seventh in her division, 68th for women and 681st overall.

Davis ran it in 1:17:29 earning her 78th in her division, 232 among women, and 1722 over all and Birch, finished the run in 2:03:05.

The master's men's team consists of 1st Sgt. Don Rangel, Headquarters and headquarters Company, 1st BCT; and Sgt. 1st Class Kent A. Smith, 188th Infantry Bde. Rangel finished the run in 1:19:01, earning 274th in his division, 1757 in men's competition, and 2,076 overall. Smith finished 2468th overall with a time of 1:20:44, taking 235 in his division, and 2050 in the men's competition.

Thirty-three women from the spouses team went up to the race to represent their deployed Soldiers and spouses everywhere.

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 Buchanan, Linda Cardon, Heidi Charlton, Jenny Fitch, Abby Fleming, Audrey Frohnhoefer, Kerry Fuller, Nicole Halladay, Emily Hart, Rebecca Inge, Shari Jackowski, Cory Johnson, Terri Kanicki, Victoria Kessell, Denise Lutsky, Jamie Matthews, Liz Mras,



Photos courtesy of Action Sports International, [www.asipho.com](http://www.asipho.com).

**Spc. Timothy Insley, 3rd Sustainment Bde., posted a time of 1:00:35 minutes, finishing 14th in his division, 101st in the men's category, and 106th overall at the Army Ten-Miler Oct. 7.**

Meredith Murray, Katherine Reynolds, Nicole Scheibe, Katie Stagliano, Jessica Stephenson, Alicia Stillwell, Alicia Surrey, Els Sutton, Lisa Theissen, Hillary Trotter and Gabrielle Winton.

The spouses team did great, of the 33 who went, 34 finished. The team was joined by another runner, Rebecca Kelly, who was visiting her wounded 3rd Inf. Div. Soldier at Walter Reid Medical Center, and ran with the team after she learned their purpose, according to spouse team captain, Winton.

"It was very hot, but it was a great accomplishment," said Cardon. "It was my first time running the event, but it won't be the last. I'm glad I did it."

The first person to cross the finish line for spouses team was Batt with a time of 1:13:31, which would place her ninth in her division, 112 in the women's category, and 1009 overall.

All members from Fort Stewart-Hunter who started the race, finished it.

Other activities at the race included running clinics, vendors, demonstrations, and a pasta dinner sponsored by GEICO. Also, more than 50 tents were set up to demonstrate the Army spirit in the HOOAH tent zone. The Coastal Chapter of the AUSA sponsored the 3rd Inf. Div. HOOAH tent.

After the race there was a lot of talk about running in the heat, but Stewart runners agreed it helped training for the race in South Georgia in the summer heat. The Army Ten-Miler men's military winners were from Fort Hood who finished as a team in 3:45:00.



**Linda Cardon and Christina Anthony, members of the Fort Stewart-Hunter Army Spouses team representing the 3rd Inf. Div., deployed Soldiers and their Families finish the Army-10 Miler together Oct. 7 in Washington D.C.**

## FOB Q-West holds its first ever 10-miler in Iraq

Pfc. Gaelen Lowers  
3rd Sustainment Bde Public Affairs

Forward operating base Q-West – QAI-YARA, Iraq – Forward Operating Base Q-West held its inaugural Army 10-Miler run Oct. 6.

The "shadow" run was meant to mirror the 10-mile run held in Washington D.C. the following day Oct. 7.

Each year 30,000 runners and spectators descend upon Washington, DC to join in this prestigious event produced by the U.S. Army Military District of Washington.

The Army Ten-Miler has a long standing history starting with the first run Oct. 13, 1985.

Then there were only 1,600 registered runners and now in 2007, the 23rd running of America's largest ten-mile race, 15,589 participants crossed the finish line.

"It's really all about being Army strong," said Col. Darrell K. Williams, commander of the 3rd Sustainment Brigade and FOB Q-West. "It's a great event, highly motivational and our Soldiers have done a magnificent job."

At FOB Q-West, participants registered the night prior and received their FOB Q-West Army 10-Miler tee-shirt designed by Capt. Brittany Warren, the 3rd Sustainment Bde. adjutant.

There were more than 500 runners that participated in the event, said Warren. About 250 runners signed up for the 10-miler and about 295 runners signed up for the Army Strong five kilometer run that ran simultaneously with the Army 10-Miler.

"I wasn't sure I wanted to do it this morning," said Sgt. Michaela Arens, of the 396th Medical Co. Ground Ambulance. "I'm really glad I did and I had a good time."

The winner of each category was awarded a medal at the completion of the race and the overall male and female winners were given trophies.

The overall male winner was 2nd Lt. Matthew McCarthy, 3rd Sustainment Bde., with a time of 1:04:15 and the overall female winner was Sgt. Jullia Carrillo, 263rd Maintenance Co., with a time 1:13:34.

Other categories included the male and female 10-miler with age groups: 18-24, 25-39, and 40+. There were also three-man teams running the 10-mile course.

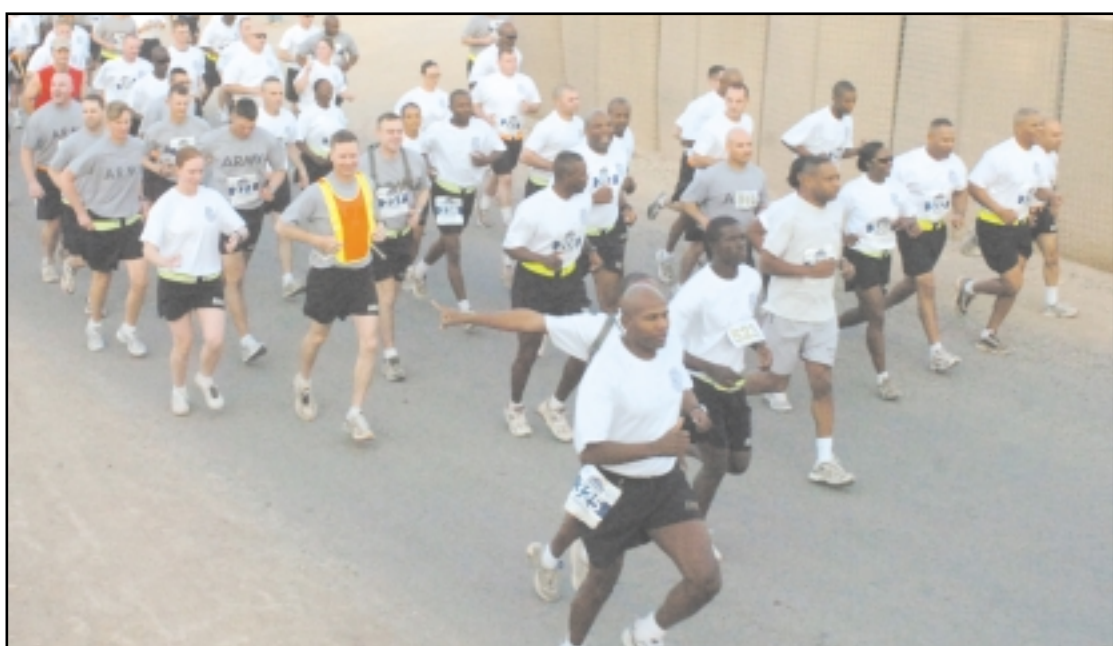
The winner of the three-man team with a time of 1:08:49 was the 226th Quarter Master Co., 87th Combat Sustainment Support Battalion team comprised of 2nd Lt. Alphonso Harrell, Staff Sgt. Locksley Pennyfeather and Pfc. Bettia Blount.

Speaking about how he felt after the race, Williams said, "I felt tired to be frank with you, but with every step I took, it represented all the Soldiers on this FOB and all the Soldiers in 3rd Sustainment Brigade, where ever they are. It was a very small sacrifice on their behalf."

The 5K run began after the 10-miler so that the two runs would end at approximately the same time.

The categories were the same as the 10-miler with winners from males and females in the age groups of 18-24, 25-39 and 40+.

"It's good to challenge yourself and overcome those challenges," said Arens after taking first in the female 18-24 age bracket during the 5K run.



Pfc. Gaelen Lowers

**Soldiers from 3rd Sustainment Bde. at FOB Q-West partipate in their own version of the Army 10 Miler, Oct. 6. The opportunity was offered to Soldier's and Units who were unable to take part in the Washington D.C. run.**

# Jake's Bobby Shop

## Choosing the best exercises for your heart, lungs, life

**Jake Battle**  
DMWR Athletic Director

Some activities condition your heart and lungs while others do not. Here are the activities you should choose if you want to help your heart and lungs.

### Good for the heart and lungs

If you are physically fit, vigorous activities are good for your heart and lungs.

A number of activities can help you burn calories and give you extra energy, such as cross-country skiing, hiking (uphill), rowing, jogging, jumping rope, stationary cycling, ice hockey and running.

### Can be good for heart and lungs

There are some activities that can help your heart and lungs if done vigorously for thirty minutes several times a week.

Some of these include bicycling, tennis (singles), downhill skiing, calisthenics, field hockey, basketball, handball, squash, swimming, walking, racquetball, and soccer.

### Less help for heart and lungs

A number of activities do not condition your

heart and lungs because they lack continuous movement. However, they are enjoyable and can improve muscle tone. They are not sustained or vigorous and won't help you shed extra calories.

Some of these activities include football, softball, bowling, golf (on foot or by cart), baseball, and volleyball.

### Making the right choice

Choosing the right exercise activities to help your heart and lungs can make your exercise experience rewarding.

Here are a few simple ways to make sure your heart and lungs benefit from your exercise routine.

### Three guidelines for success

Although all exercise can be good for you, different exercises have different benefits. Here's a simple guide to choosing the exercises that are right for you.

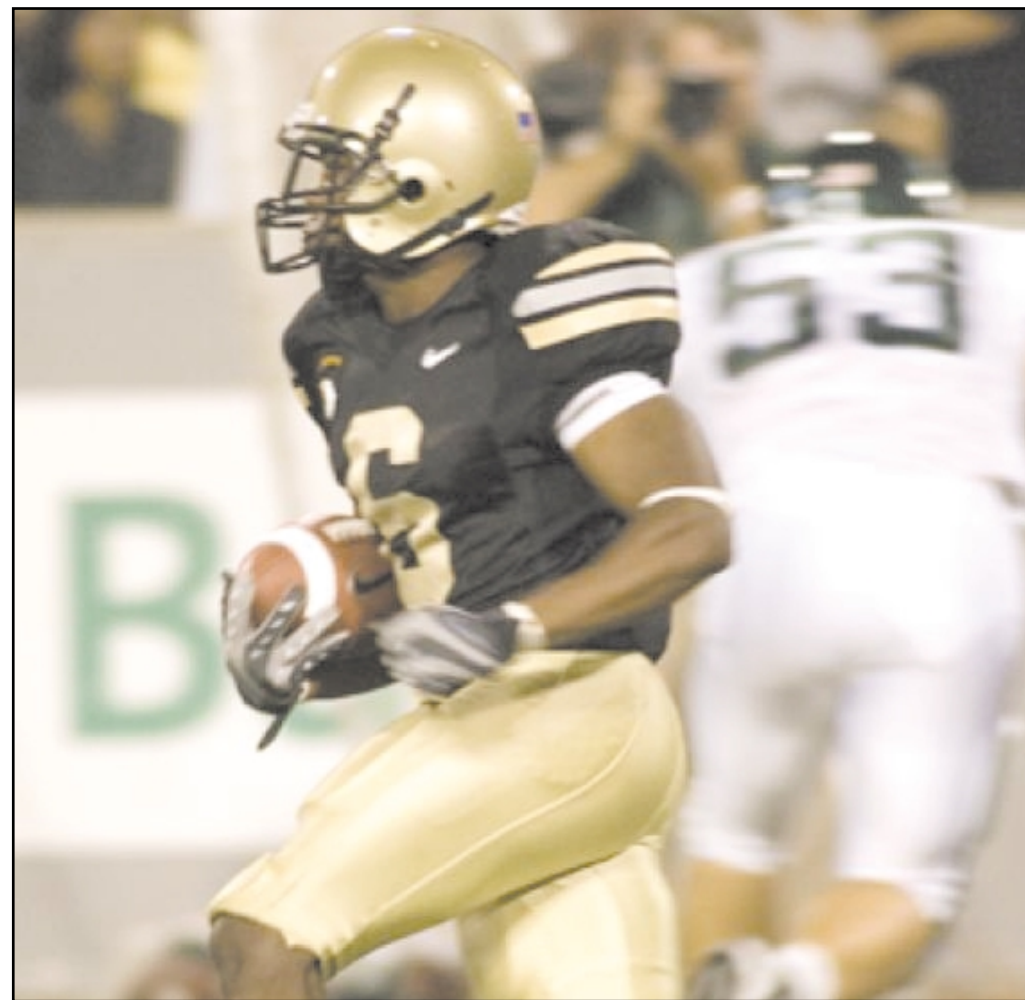
1. Consistent exercise. You won't be doing your body much good if you only exercise once every couple of weeks. Instead, you should exercise at least three times a week.

2. Continuous exercise. Although running up the stairs a few times at work might leave you exhausted, it isn't enough exercise to bring you the results you want or need. Make sure you exercise for a minimum of twenty to thirty minutes without stopping.

3. Brisk exercise. Get your heart rate up during your workout. You should also be breathing harder. One way to find out if you are at your target heart rate is to try the "talk-sing test." If you can talk but not sing while exercising, you are probably in your target heart rate range.

### Exercise for your heart and lungs

1. Set fitness goals with these facts in mind.
2. Select activities that benefit your heart and lungs.
3. Try to work out at least three times a week.



courtesy photo

*Corey Anderson*

## Golden Knights football comes to Atlanta Oct. 20

### Special to the Frontline

**WEST POINT, N.Y.** – Army Football is underway, and the Black Knights football team will travel to Atlanta, GA, Oct. 20 to take on the Georgia Institute of Technology.

The United States Military Academy Superintendent, Lt. Gen. F.L. Hagenbeck, invites Soldiers and Family members to come out in support of the Black Knights on their quest for the championship.

There is still time to catch up on the Army's football happenings and news at [www.goarmysports.com](http://www.goarmysports.com). The staff at GoArmy has made the Football Media

Guide available to the general public.

The guide provides the best of Army football; media services; season outlook; a breakdown on coaches, players, opponents and much more.

The Black Knights ticket mailing address is Army Athletics Ticket Office, Holleder Center, West Point, New York 10996. Their phone number is (877) TIX-ARMY (877) 849-2769.

Representatives are available Monday - Friday 9 a.m. to 9 p.m., and 9 a.m. to 6 p.m. Saturday and Sunday. For more ticket information, call 1-845-938-2526 or Fax, (845) 938-8146.

The group sales hotline is (845) 446-7147.



# Diamond heroes visit battlefield heroes

Sgt. Kevin Stabinsky  
2nd BCT, 3rd Inf. Div.

**FOB Kalsu, Iraq** – Three diamond heroes, baseball pitchers Mike Remlinger, Turk Wendell and Adam Bernero, visited heroes of the battlefield stationed in Iraq as part of a morale-boosting tour.

The three pitchers were the latest professional athletes to visit Soldiers this year in Iraq. Earlier visits have included basketball players and professional golfers.

Pro Sports MVP tours, organized by a Colorado Springs-based sports and marketing firm, provide Soldiers a chance to get autographs, pictures, and swap stories with the pros.

"Lots of baseball stories, fun times we had on the field, off the field," said Bernero of the stories commonly told. "We talk about home, baseball stories; tell a bunch of lies about what we do back home," he added with a laugh.

While the Soldiers enjoyed the stories, the players were impressed by the Soldiers' daily sacrifices.

"In the big scheme of things, I was just a baseball player; what have I done with my life?" Wendell asked. "You guys are putting your life on the line everyday just so we can do what we do back in the states. All I did was throw a baseball."

Such admiration has prompted Wendell, a pitcher best-known for his time with the Mets which included pitching in the 2000 World Series, to make the trip to Iraq.

Bernero said a desire to see the sacrifices of the troops prompted him to visit.

"You hear a lot in the news and you read a lot but you don't really know what is going on until you see it firsthand," Bernero added. "I wanted to look people in the eye and see what they had to say. That is more truthful than anything you read (in the newspapers)."

Wendell said he sees a lot of determination in the Soldiers he meets. In the same spirit as professional athletes, Soldiers want to win, he said.

"Keep up the battle. Everyone who I know believes in you," said Wendell.

Pfc. Brandon Gilley, Battery B, 1st Battalion, 9th Field Artillery Regiment, 2nd Brigade Combat Team, 3rd Infantry Division, said he was glad to see the troops.

As a baseball fan, Gilley said he probably has many of the players' cards in his baseball card collection at home. In addition to getting autographed pictures of the trio, he also added a signed Texas state flag to his baseball memorabilia.

"I brought it along to get it signed by famous people who visited," he said. "I wanted to represent my state."

Likewise, the players said they wanted to represent the regard American people have for servicemembers fighting to protect freedom back home. Bernero also brought along a message to the troops to keep their head up and continue to persevere. "Some things are a little bigger in life and this is one of them," Wendell said. "You really got to believe in yourself. You can't settle for second. It is not an option."



Sgt. Kevin Stabinsky

*Turk Wendell, a former major league baseball pitcher, autographs a squishy ball to give out during his visit to FOB Kalsu Oct. 9. The tour allowed Soldiers to interact with professional sports players, get their autographs and chat about stories.*

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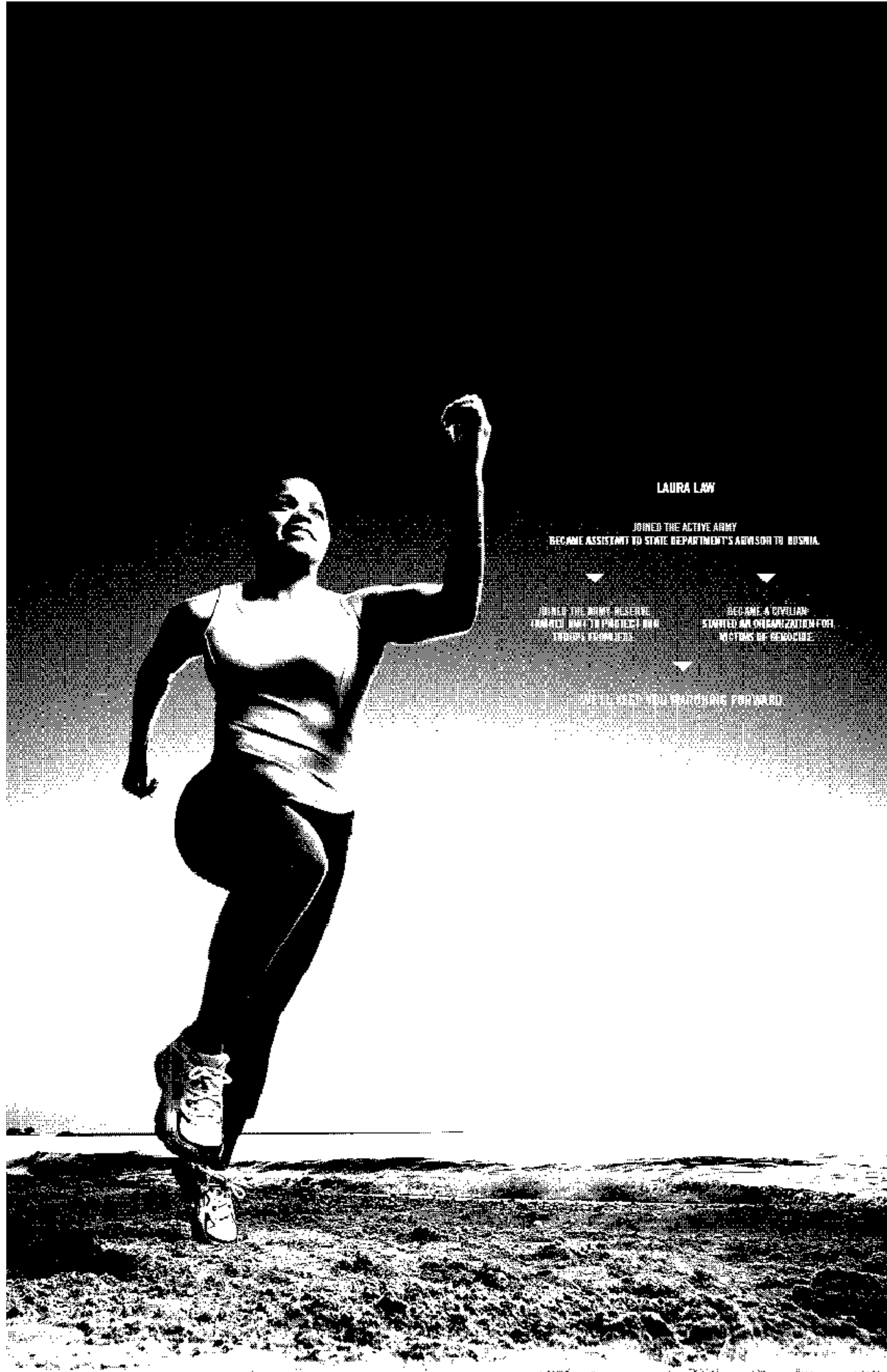
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CHANGED HOW TO PROTECT OUR  
TROOP MEMBERS

BECAME A CIVILIAN  
STARTED AN ORGANIZATION FOR  
VICTIMS OF GENOCIDE



WE'LL KEEP YOU WATCHING FORWARD

**ARMY RESERVE**

When Laura Law joined the Army, she wasn't sure where her career would take her. But from day one, her leadership skills, courage and determination helped her to forge new paths and succeed. By joining the Army Reserve after Active Duty, you'll continue serving your country while sharpening your skills and mastering new ones. Plus, you'll get a bonus, extra paycheck and the chance to train near home. Learn more about CPT Laura Law and how you can build a future filled with possibilities. Visit [goarmyreserve.com/laura](http://goarmyreserve.com/laura) or call 800-USA-ARMY.

