

# Over 70,000 miles, and counting...



Photos by Sgt. Tanya Polk

Dressed for the holidays, Soldiers and Family members take off on Stewart's Hero rd. for the three-and-a-half mile Jingle-Bell Jog, Dec. 15.

## Families get in the season's spirit, support deployed Soldiers

Sgt. Tanya Polk  
Editor

They've walked to Iraq and back - several times, but the support hasn't stopped.

Soldiers and Family members of the Fort Stewart-Hunter Army Airfield community woke up with holiday spirit, laced their jogging shoes, and joined the Jingle-Bell Jog, Dec. 15.

In support of the Walk to Iraq and Back campaign, the Jingle-Bell Jog was the installation's sixth group-walk. The 3rd Infantry Division and Stewart-Hunter initiated the Walk to Iraq and Back to support the troops deployed to the Middle East.

The Walk kicked off in May as Soldiers and Family members took steps towards their 13,000 mile goal; the distance from Fort Stewart to Iraq, and back.

Within the first 45 days, that goal was far surpassed, said Lt. Col. Ellen Birch, rear detachment deputy commander.

Initially, participants hoped to reach 13,000 miles before the division's 1st Brigade returns home by walking, running, bicycling, and swimming. Now, as every Marine brigade is deployed to Iraq, supporters have accumulated more than 70,000 miles.

The campaign's popularity stemmed outside the installation and surrounding communities as people across the nation have contributed to the Walk.

As the holidays near, Birch and Fran Williams, the division's Family Readiness Support Assistant, put a seasonal spin to the jog. Prizes were not only awarded to the first runners, but were also given to participants for best holiday attire.

Participants came to the three-and-a-half mile course dressed as stockings, wearing Santa hats, and outfits of red and green. One supporter even brought her infant suited up as a reindeer.

First Sgt. Aaron Mchaney, 731st Explosive Ordnance Disposal, his wife Jaime, and their two children Garret, 10, and Gillien, 7 joined the jog.

"We thought it would be a good thing to do on a Saturday morning," Mchaney said.

The Mchaney family has supported the Walk since its start and said they've attended several similar events together.

"(However,) this is probably the last time we're going to be able to do something like this together for a while," Mchaney

said. He is slated to deploy in January.

Maj. Geoffrey Fuller, 3rd Inf. Div. Special Troops Battalion, currently home from Iraq for rest and recuperation, also took advantage of the quality Family time as he and his daughter, Madison attended. The two won 3rd Inf. Div. Christmas ornaments for being the first place Family.

And as the Jingle-Bell Jog was an opportunity for Families to spend quality time, for Spc. Timothy Insley, 3rd STB, it was just another opportunity to get out and run.

"Usually I'll run 5K to 10 miles," Insley said. "I try to find races here and in Savannah."

Insley said Birch, told him about the Walk to Iraq and Back campaign and jumped at the chance to come out and support the event. He has competed in several races to include the Army Ten-Miler where he placed first for the Stewart-Hunter team.

Insley also won a Marne Christmas ornament as he finished the jog first over all with a time of 18:06. When asked if he will run again in the next group event, he said "I'll be there."

The complete results for the Jingle-Bell Jog are as follows:

1. Spc. Timothy Insley, HHC, STB, 3rd SB, 18:06
2. Mitchell McKnight, Family member, 22:08
3. Ian McKnight, Family member, 22:18
4. Sarah Patrick, Aidan, 4 months, Family members, 24:22
5. Karen Heslop, Family member, 26:15
6. 1st Sgt. Aaron Mchaney, 731st EOD, 26:42
7. Anne Scott, Hazel and Hampton, Family members, 26:57
8. Beverly Trisch, Family member, 27:22
9. Sarah McKnight, 16, Family member, 27:19
10. Emily Wiese, Family member, 30:45
11. Elizabeth Mikell, Army retired, 31:51
12. Madison Fuller, 11, Family Member, 31:53
13. Maj. Geoff Fuller, 3rd Inf. Div. STB, 31:53
14. Audrey Newman, Family member, 33:09
15. Lisa Redford, Caden, 3, Family members, 33:30
16. Garrett Mchaney, 10, Family member, 33:34
17. Miguel Lugo, 5/7 Cav., 34:50
18. Gillian Mchaney, 7, Family member, 33:49
19. Michael Stinson, Family member, 35:06

For more information about the Walk to Iraq and Back campaign contact Birch at 767-7858 or Williams at 767-5484.



Dressed in red for the holidays, Lisa Redford, spouse to a 1st Bde. Soldier, and her son Caden, 3, supported deployed troops as they ran the Jingle-Bell Jog, Dec. 15.



## Spirit, support continues at Hunter Airfield

Nancy Gould

Holly Williams walks with Colleen Moldenhauer as she pulls her children, Jordan, 5, and Josua, 2, in a wagon during the Dec. 15 Jingle Bell Jog at Hunter Army Airfield, following Alison Long, and 7-year-old Abigail Moldenhauer.

The Walk to Iraq Christmas Jingle Bell Jog was held at Hunter to support the Soldiers who are deployed in support of the Global War on Terror.

The walk was the 6th Walk to Iraq and Back. On this occasion it was a 2.2 mile trek that started and finished at the Tominac Fitness Center

# Fort Stewart hosts sixth annual Winter Special Olympics

**Sgt. Tanya Polk**  
Editor

Six months ago, Jonah Weldon took first place as he threw the best hand of shot-put for his age group at the Summer Special Olympics. On Dec. 14, the Long County High School student returned to Fort Stewart and bowled the ceremonial ball at Marne Lanes kicking off this year's Winter Special Olympics.

Accompanying Weldon was approximately 120 athletes from Liberty County, Long County, and Fort Stewart schools – most of whom were also returnees to Stewart's Special Olympic Games.

These children, ranging from age six through 21, are all children with disabilities; however, their handicaps did not take from their ability to come out, enjoy a game of bowling, and most importantly, have a good time.

"They don't care if they come in first place, or fifth place," said Debbie Tomkiewicz, the adaptive physical education teacher for Liberty County schools. "They're happy to get a ribbon, and they're happy to be with their friends."

The Special Olympics originated in 1968. Fort Stewart embraced the event, and has held the summer games for more than 20 years. Dec. 14 was Stewart's sixth annual winter games at Marne Lanes.

"We do it (hold the Special Olympics) to promote sportsmanship, improve socializa-

tion skills, promote positive recreational activities, and friendly competition," said Tomkiewicz. "The kids get to see each other from the other schools. It introduces them to activities that they may not be able to do at home. Not all the kids' Families take them bowling."

It was a day of smiles, high-fives, hugs, hand shakes, screams, shouts, and even tears of joy.

Approximately 150 volunteers welcomed the athletes upon their arrival. Each athlete was also assisted while they bowled.

One of those volunteers was Sgt. 1st Class Orlando McCarthy, MEDDAC, who has volunteered to help at the Special Olympics for the past four years.

"I've been doing this (volunteering at Special Olympics) since I came to Fort Stewart," said McCarthy. "I have two kids, 12 and 13, and I love kids. It's good to show (these children) that people outside of their school teachers and parents care."

McCarthy said that it was important to the kids for volunteers to come out and support their day.

At the end of the day, each athlete was awarded a ribbon, first through fifth place. Brandee Holland, 14, won first place for her lane.

"I bowled two strikes," the proud athlete said with a smile. "It was awesome."

For more information on how you can volunteer for the Special Olympic Games, contact Mavis Crowell at 767-5058.

Photos by Sgt. Tanya Polk

**Tyler Welchert, 8, a student at Joseph Martin elementary school takes his turn at bowling at Fort Stewart's sixth annual Winter Special Olympics, Dec. 14 at Marne Lanes, while volunteer Jennifer Kennedy, Youth Challenge, assists him.**



**Pfc. Jason Woods, 135th QM, assists Chance Glandon, 8, of Jordye Bacon elementary school, bowl during the Winter Special Olympics at Marne Lanes, Dec. 14.**

# Tiger Sharks bite the big one during intramural basketball championship



**Kaytrina Curtis**  
*Hunter Public Affairs*

Hunter Army Airfield's Tominac Fitness Center basketball court came to life as the Soldiers of 3rd Battalion, 3rd Aviation Regiment came head-to-head against the "Fuelers" of the 110th Quartermasters Battalion Dec. 11, with Company E, 3/3 Avn. bringing home the trophy and bragging rights with a score of 50-38.

The Quartermaster team, "Top it off," came out strong getting the jump off at the beginning of the game, but could not hold their own throughout the night against the undefeated Soldiers of 3/3's "Tiger Sharks".

Players of 3/3 Avn. entered the game with a perfect 8-0 record, while the 110th Quartermasters managed to finish with just a smudge against their 7-1 record.

Both teams advanced throughout the post-season tournament with three wins, with the 110th winning a nail-biter against the 512th Quartermaster Company in the semi-finals by a one point margin 42-41.

At the half, the Avn. led by 13 points, causing the Quartermasters to make some adjustments that resulted in them outscoring their aviator opponents 26-25 in the second half. But even with the adjustments, the aviators proved to be too tough an opponent for the quartermasters.

The competition was fierce, but the Tiger Sharks bit the Quartermasters in half.

The last time the two teams met

on the court they went into double overtime with the aviation team prevailing.

Michael Hughes, the intramural sports director for Hunter said, "Both are running teams and 110th tried to run with 3/3 (aviation). But 3/3 Avn. has a very good athletic team, so 110th was not able to keep up, up and down the floor."

Lt. Col. Dan Whitney, Hunter garrison commander, was on hand to give out trophies to the winning team.

"It (intramural sports) displays the team work associated with our combat skills," he said.

"It reinforces all those things about team work be it a squad, be it a platoon, be it at company level, and even further up the chain, especially when you get to joint operations. It's all about team work."

"Intramural sports help to build esprit de corp," Hughes said. "It's a morale booster for any individual who participates in intramural sports."

Winning championships comes with a well thought out plan and team work. Co-captain and team member of 3/3 Avn., Calvin Textus said, "Our main focus all year was defense, that's how we win ball games. Defense wins championships, pretty much."

The 3/3 Avn. was led by Joe Clark who finished with 13 points and Textus who contributed 12 points.

David Portis led the 110th with 13 points, 11 coming in the second half of the rush.

The next intramural sport lined up for the season is volleyball.

Kaytrina Curtis

**Spc. Reco Holeman, 110th QM breaks fast around Spc. Joe Clark, Co. E, 3/3 Avn., at the intramural basketball championship game, Dec. 11.**

# Jake's Body Shop

## Choosing the exercise that reaches your target heart rate

**Jake Battle**

*DMWR Fitness Director*

For maximum benefit from exercise you need to workout in your target heart rate. When you're in your target, you will breathe deeply. You will sweat.

If you are healthy, you will feel comfortable and be able to keep going for 20 minutes without stopping. As you decide which exercises you want to do, ask yourself two questions:

Will the exercise raise my heart rate enough, but not too high?

Will I be able to exercise for 20 minutes without stopping?

If you can answer "yes" to both of these questions, the exercises you are considering are probably good ones for your heart. Almost

all activity that moves your body exercises both your heart and your body's other muscles. But some exercises are better than others for making your heart strong.

An exercise can be too hard or too easy to give your heart the solid but safe exercise it needs. The effects of exercises, such as walking and aerobics, depend on how you do them. In some cases, your level of fitness will also affect whether or not an activity is good for your heart.

For example, when you first start exercising, jogging two and a half miles in 20 minutes might be too hard. Your heart rate might get too high to remain in your target. But after several months of target 20-minute exercises, your heart would be stronger, more fit, and you might well be able to jog the two and a half miles in 20 minutes with your heart rate comfortably within your target.



**Jake Battle**

Look at the following list to see whether the exercises listed will help to condition your heart. The chart is based on the exercises being done by average individuals, not professional athletes.

Most activities exercise both your heart and your body's other muscles. For example, you can swim to make your heart strong and it benefits your arms, chest, back, and legs will also get stronger.

### Exercises that will get you into your target heart rate

- Aerobics
- Step aerobics
- Stair climbing
- Cross-country skiing
- Hiking
- Ice hockey
- Jogging
- Jumping
- Jumping rope
- Running in place

### Exercises that may get you into your target if your intensity is high enough

- Bicycling
- Downhill skiing
- Basketball
- Handball
- Racquetball
- Soccer
- Swimming
- Tennis (singles)
- Walking
- Stationary cycling

### Poor exercises for getting you into your target heart rate

- Baseball
- Bowling
- Football
- Golf (on foot or cart)
- Softball
- Volleyball

# Army to launch Wounded Warrior Sports Program

**Tim Hipps**

*FMWRC Public Affairs*

**ALEXANDRIA, Va.** – The U.S. Army will launch a Wounded Warrior Sports Program for active-duty Soldiers with life-altering injuries in January, giving them the opportunity to compete at the national level.

The Army will pay for the athletes' registration fees, transportation, lodging and per diem while they compete at selected events. Athletic attire also will be issued to the Soldiers, who will represent the Army during competitions.

"The goal is to allow our wounded warriors an opportunity to continue to participate and compete in state and national competitions," said Willie Wilson, acting director of Soldier programs at the Army Family and Morale, Welfare and Recreation Command. "We have more and more [wounded] Soldiers staying on active duty who participate in sports. This is an avenue for them to continue their athletic dreams."

The program was designed for Soldiers injured at war – primarily amputees – who have remained athletically active at the installation level, where finding suitable competition can be difficult.

"We're trying to help keep these Soldiers active," Army Sports Specialist Mark Dunivan said. "We want to give them the same opportunity that the able-bodied Soldiers would have to compete in a sport."

The Soldier-athletes must meet established standards to be considered for support in their respective sport. U.S. Paralympic officials served as advisors to help create the program and recommended the qualification criteria.

"Everybody is not going to be a Paralympic athlete, nor does everybody want to be, but everybody wants to be active," said John Register, associate director of outreach and development for the U.S. Paralympic Committee. "This program allows for an avenue that is more greatly needed than the Paralympic side of the house."

Register was a U.S. Army World Class Athlete Program competitor in track and field before a hurdling accident led to the partial amputation of his left leg. He competed in swimming at the 1996 Summer Paralympics in Atlanta and won a silver medal in the long jump at the 2000 Paralympic Games in Sydney, Australia.

"The Army is providing opportunities that are not special or different or unique – it's just opportunities that it would provide to anybody else," Register said. "The Army has All-Army Sports programs on its calendar. This is just a seamless transition onto the All-Army calendar that is just taking care of our own. Whether you have the physical disability or not, the opportunity is there for you to participate, and it's no different if you're an able-bodied athlete."

"For WCAP to add this program is phenomenal. It's taking care of Soldiers, and that's the right thing to do. It's for all those troops on the ground that need some place to continue their sports," he added.

The first event is for adaptive skiers, scheduled for Jan. 24-28 at Winter Park, Colo. An adaptive snowboarding competition follows at the 2008 USA Snowboarding Association National Championships March 31 through April 7 at Copper Mountain, Colo.

Archery, air rifle and pistol shooting, swimming, track and field, and weightlifting competitions are available for disabled athletes April 17-20 at the Desert Challenge Regional Games in Tempe, Ariz.

The Mid-America Games will play host to track and field competitors May 2-4 in Stillwell, Kan. The Endeavor Games, scheduled for June 5-8 in Edmond, Okla., will offer archery, basketball, pingpong, shooting, swimming, tennis and weightlifting.

The National Veterans Wheelchair Games, scheduled for July 25-29, offer the aforementioned sports, along with air-gun shooting, nine-ball, softball, quad rugby, bowling, handcycling, power soccer and wheelchair slalom.

The 60th National Amputee Golf Championships, slated for Aug. 19-22 in Castle Rock, Colo., is the final event on the original list, which is subject to change. A half-marathon and triathlon likely will be added soon.

Instructions for the application process to participate in the Wounded Warrior Sports Program are accessible on the Internet at [www.ArmyMWR.com](http://www.ArmyMWR.com) by clicking on Recreation & Leisure, and then clicking on Sports & Fitness.

For more details, contact Dunivan at [mark.dunivan@us.army.mil](mailto:mark.dunivan@us.army.mil) or 719-526-3908 or Peggy Hutchinson online at [peggy.hutchinson@us.army.mil](mailto:peggy.hutchinson@us.army.mil) or 703-681-7211.