

# SPORTS & FITNESS

B SECTION

## On Post

### Flag Football Tourney

The pre-season tournament double elimination game will be Aug. 23 to 26. Entry deadline is Thursday and entry fee is \$75 per team. Teams are limited to 15 players including the coach. The tournament is open to active duty personnel.

For more information, call 767-8238/8326.

### Softball leagues

It's time to enter your teams in the co-ed fall softball league and the men's open league.

The entry deadline is Sept. 10, and the entry fee is \$200.

Teams are limited to 15 players including the coach. Leagues are open to both military and civilians.

For more information, call 767-8238/9795.

### Soccer league

The 6-man fall soccer league sign up is from Aug. 23 to Sept. 23. Registration is at the Fort Stewart Sports Office, building 471 or at Hunter, building 925. Active duty, National Guard, and Reserves are eligible to sign up. For more information, call 767-8326/8238 or 352-6749.

### Army 10-Miler

Names and standings from the Army 10-Miler try-outs held July 24 and Aug. 21 will be posted in next week's edition of The Frontline.

### Pilates

Pilates classes are held Monday, Wednesday and Friday in the Palmetto Room at Club Stewart, from 6 to 7:15 p.m. Cost is \$45 per month. Sign up prior to 6 p.m.

For more information call Jake at 767-3033.

### Newman consultations

The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings, exercise prescription and nutritional counseling. For more information, call 767-2771.

## Off Post

### Health and Fitness Expo

The Woodlands Health & Rehabilitation Center, along with the Liberty County Chamber of Commerce will be hosting a Health and Fitness Expo Sept. 25 at the Woodlands Health & Rehabilitation Center.

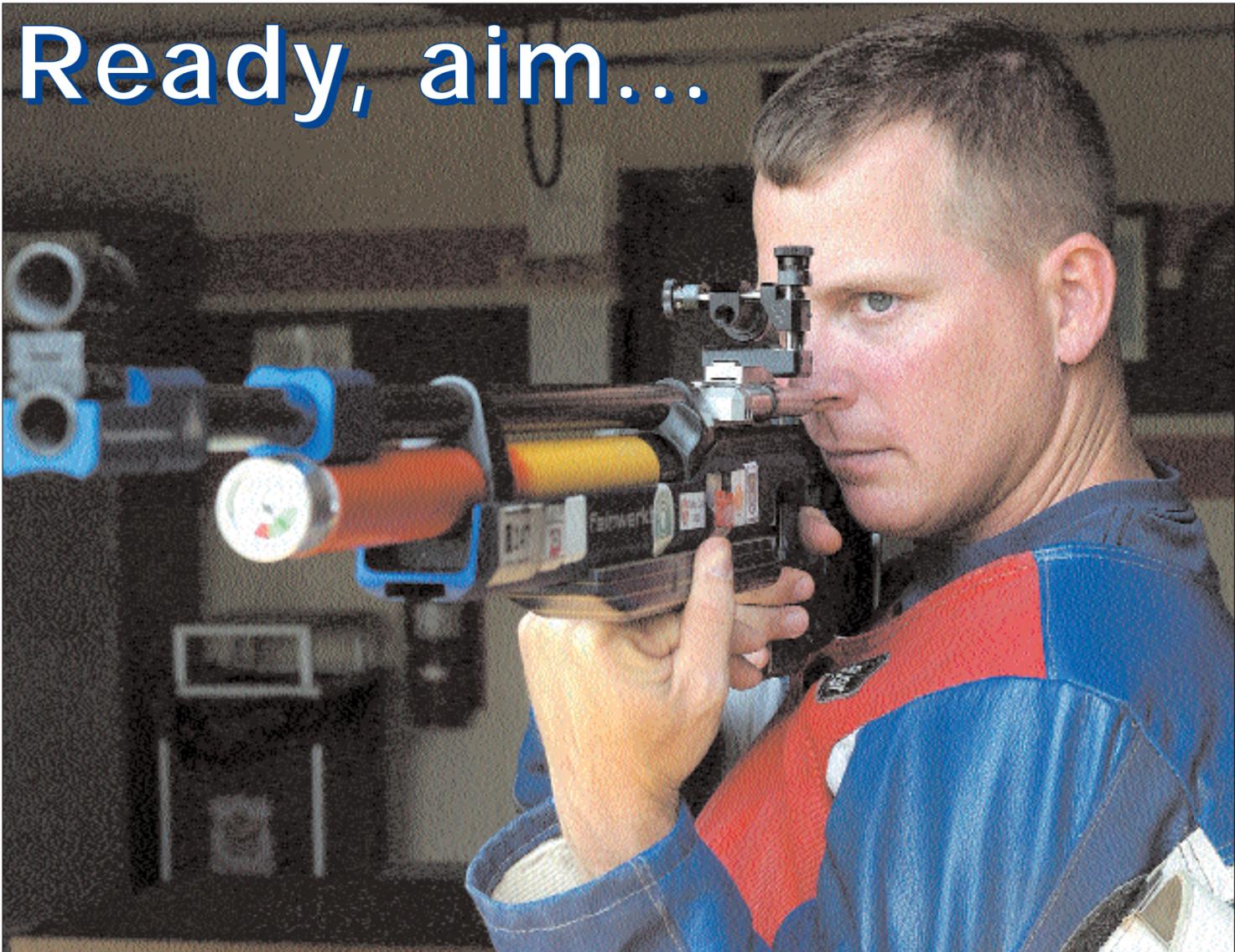
The expo will offer free carnival rides, a bicycle safety rodeo, face painting and cholesterol and blood pressure screening. Live music and entertainment, along with local vendors and food providers, will be on hand to offer up their goods and services. For more information call the health center at 884-3361.

### Jekyll Island Golf

All Georgia military personnel can enjoy free greens fees at all four Jekyll Island golf courses now through Oct. 31. Cart fee is \$18, but not required. This special does not apply to tournament play. Tee times must be made in advance and can be booked online at [www.jekyll-island.com](http://www.jekyll-island.com) or call 912-635-2368.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-4951. Deadline is noon on Fridays.

## Ready, aim...



Courtesy Photo

Maj. Michael Anti won Olympic silver in the men's 50-meter three-position rifle competition Sunday in Athens.

## Anti wins silver in rifle shooting

### Tim Hipps

Army News Service

ATHENS — Maj. Michael Anti won a silver medal Sunday in men's 50-meter three-position rifle shooting in the 2004 Summer Olympic Games.

"I wish I had the gold but I'm just excited to have a medal," said Anti, 40, a Winterville, N.C. native, assigned to the U.S. Army Marksmanship Unit at Fort Benning, Ga. and a member of the U.S.

Army World Class Athlete Program. "We have such a great unit and such a great Army for them to allow me to do this. There are people overseas risking their life to allow me to compete here, so it's a big deal."

China's Zhanbo Jia won the gold medal with 1,264.5 points. Anti took the silver medal with 1,263.1 points. Austria's Christian Planer claimed the bronze medal with a 1,262.8 total.

Anti entered the final round in seventh place. After shooting marks of 10.4, 8.8, 9.3 and 10.6, he moved into fourth place with a 10.8 on his fifth of 10 shots in the finale. An 8.5 on his ensuing shot, however, cost him dearly. He quickly rebounded with marks of 10.4 and 10.8 to move into third place. Then an 8.1 dropped him back to fourth. He capped the performance with a 10.4 as drama intensified at

the other end of the shooting line.

Matthew Emmons, 23, a Browns Mills, N.J. native, had the gold medal firmly in his grasp until he shot the wrong target on his last of 10 shots. The mark of zero dropped him to eighth place with 1,257.4 points, stunning the crowd at Markopoulo Olympic Shooting Centre.

Had Emmons closed with a respectable mark, Team USA would have

won the gold and bronze medals.

"For me, it was kind of up and down," Anti said of his final round. "I'd shoot a good 10 and then I'd shoot an 8. Then shoot a good 10 and shoot an 8. None of the shots were really bad shots, I just was late on the trigger," he said. "If I caught it a millisecond before, it could've been a 10. I'm just thrilled to death that I won the silver with my final."



Courtesy Photo

Sgt. 1st Class Shawn Duloherly, from the U.S. Army Marksmanship Unit at Fort Benning, Ga., takes aim during the finals round of Mens Skeet competition at Markopoulo Shooting Centre during the Athens 2004 Olympics. Duloherly was 3rd in a dramatic 5-way shoot-off in the qualifying round, shot a perfect final round, and finished 5th in another dramatic 5-way shoot-off.

## Duloherly loses bronze in skeet shoot-off

### Tim Hipps

Army News Service

ATHENS — Sgt. 1st Class Shawn Duloherly lost a three-way shoot-off for a bronze medal and finished fifth in men's skeet shooting Sunday in the 2004 Summer Olympic Games.

Sgt. 1st Class James "Todd" Graves finished in a six-way tie for ninth place in the two-day event at Markopoulo Olympic Shooting Centre.

Italy's Andrea Benelli prevailed in another shoot-off against silver medalist Marko Kempainen, who equaled the world record in qualifi-

cation, to win the gold medal with a final score of 149. Cuba's Juan Miguel Rodriguez defeated Qatar's Nasser Al-Attiya and Duloherly in the shoot-off for the bronze with a 147 total.

"It was an exciting final; good to be in it," said Duloherly, 39, a member of the U.S. Army Marksmanship Unit. "I wish for USA Shooting's sake and my sake that I would've won a medal, but there's always the next one."

Duloherly nailed 122 of 125 targets in five qualification rounds, including a perfect 25 in his final stanza to reach the final. He said he was too

pumped up for the shoot-off.

"I just shot it too quick," he said of missing his sixth target in the shoot-off for third place. "I get quicker as the pressure builds. I'm a really, really high-anxiety person and I was pretty excited just to be in the finals."

Graves, 41, a USAMU shotgun shooter from Laurel, Miss., finished qualification with a score of 121, one target shy of the cutoff for the final.

"I knew I had to run 50 today," said Graves, who shot 24 of 25 targets in back-to-back rounds. "I knew if I could run the last run that I would have a chance, but one just slipped away from me."

## Monkeys swing in tourney

Spc. Emily J. Danial

Staff Writer

Members of the only team to sign up for the Hunter Army Airfield Intramural Golf Tournament celebrated their victory at the Hunter Golf Club Aug. 18 by: playing a round anyway.

The Metompkin Sea Monkeys, as the team calls itself, have only recently become avid golfers, Coast Guard Chief Petty Officer Brian Hall said.

The team consisted of Coast Guard Lt. Michael Carter, Coast Guard Electrician Mate 2nd Class Michael Link, Coast Guard Machinery Technician 2nd Class Bill Heller and Hall, all from the Cutter Metompkin out of Key West, Fla.

"We probably play three or four times a week," Carter added.

All four team members said they were happy with the win, even though they didn't technically beat anyone.

"We're just happy to be here," Carter said.

Despite lack of competition, the Sea Monkeys said they were confident in their abilities on an individual and a team basis.

## FINAL RESULTS of the CLUB CHAMPIONSHIP

**Taylor's Creek Golf Course, August 21-22**

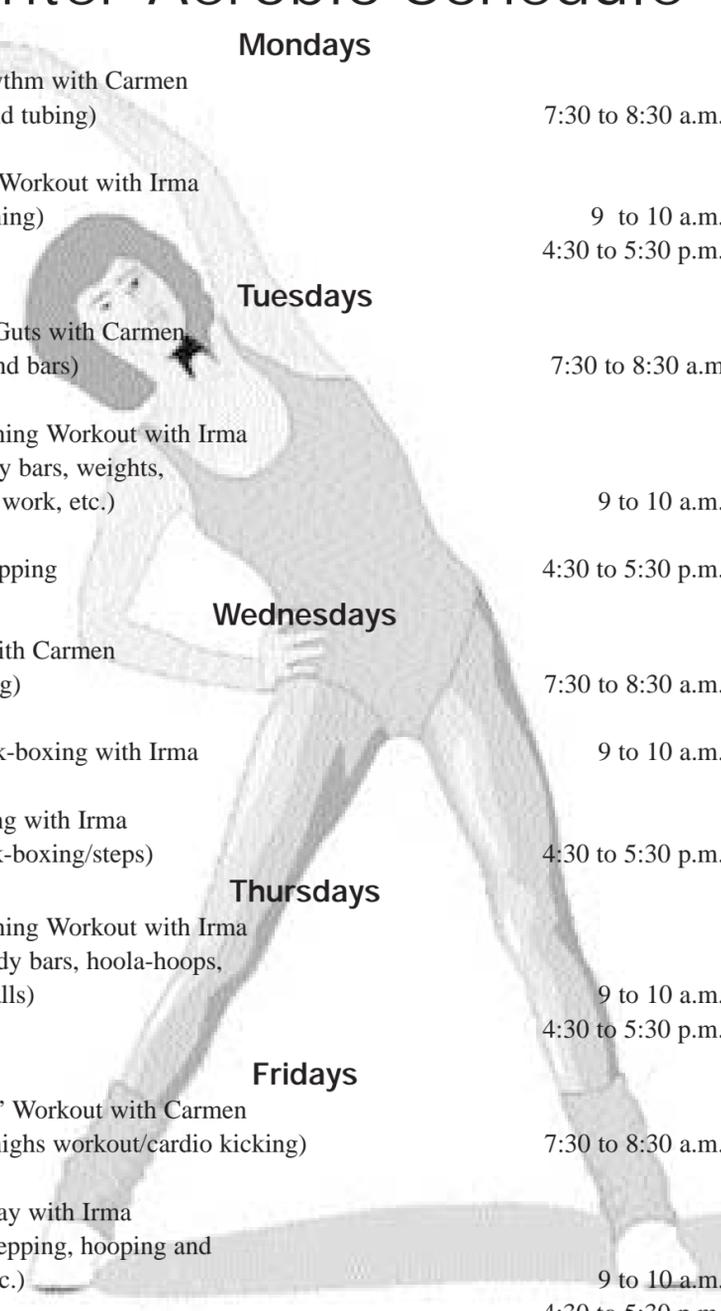
Pat Rowe	Senior Division	80-83 163 2nd
Bob Brennan	Senior Division	80-79 159 1st
Thomas Ward	Open Division 2nd Flight	92-86 178
Houston Burke	Open Division 2nd Flight	89-89 178
Chuck Graham	Open Division 2nd Flight	89-98 187
Jeromy Palmer	Open Division 2nd Flight	86-WD
Steve Koehler	Open Division 2nd Flight	82-90 172
Jimmy Bynum	Open Division 2nd Flight	83-81 165 2nd
Dave Steigman	Open Division 2nd Flight	83-81 164 1st
Ralph Anderson	Open Division 1st Flight	81-83 164
Aaron Bright	Open Division 1st Flight	79-82 161
Allen Gordon	Open Division 1st Flight	72-89 161
Rob Coulson	Open Division 1st Flight	77-82 159
Ken Reddish	Open Division 1st Flight	79-76 155 2nd
Dan Salongo	Open Division 1st Flight	77-78 155 1st*



\*Dan Salongo won on the second hole of sudden death.

## Newman Physical Fitness Center Aerobic Schedule

<b>Mondays</b>	
Latino Rhythm with Carmen (weights and tubing)	7:30 to 8:30 a.m.
Busy Feet Workout with Irma (cross training)	9 to 10 a.m. 4:30 to 5:30 p.m.
<b>Tuesdays</b>	
Butts and Guts with Carmen (weights and bars)	7:30 to 8:30 a.m.
Basic Training Workout with Irma (steps, body bars, weights, abdominal work, etc.)	9 to 10 a.m.
Cardio-Stepping	4:30 to 5:30 p.m.
<b>Wednesdays</b>	
Caliente with Carmen (kick-boxing)	7:30 to 8:30 a.m.
Cardio Kick-boxing with Irma	9 to 10 a.m.
Step-Kicking with Irma (cardio kick-boxing/steps)	4:30 to 5:30 p.m.
<b>Thursdays</b>	
Basic Training Workout with Irma (Tubes, body bars, hoola-hoops, exercise balls)	9 to 10 a.m. 4:30 to 5:30 p.m.
<b>Fridays</b>	
"Master C" Workout with Carmen (Buns & thighs workout/cardio kicking)	7:30 to 8:30 a.m.
Killer Friday with Irma (kicking, stepping, hooping and weights, etc.)	9 to 10 a.m. 4:30 to 5:30 p.m.
<b>Saturdays</b>	
Pick Your Poison with Asha	9 to 10 a.m.



## 2004 Army Football Schedule

DAY	DATE	OPPONENT	LOCATION
Sat.	Sept. 11	Louisville*	West Point, N.Y.
Sat.	Sept. 18	at Houston	Houston, Texas
Sat.	Sept. 25	at Connecticut	East Hartford, Conn.
Sat.	Oct. 2	TCU*	West Point, N.Y.
Sat.	Oct. 9	Cincinnati*	West Point, N.Y.
Sat.	Oct. 16	at USF*	Tampa, Fla.
Sat.	Oct. 30	at East Carolina*	Greenville, N.C.
Sat.	Nov. 6	Air Force	West Point, N.Y.
Sat.	Nov. 13	at Tulane	New Orleans, La.
Sat.	Nov. 20	UAB*	West Point, N.Y.
Sat.	Dec. 4	vs. Navy	Philadelphia, Pa.