

SPORTS & FITNESS

B SECTION

On Post

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.

Tae Kwon Do Classes

Tae Kwon Do will be offered at the Hunter ACS building Tuesdays and Thursdays from 6 p.m. to 7 p.m.

Sports USA Events

Weekly events — Mon., Monday Night Football, 4 p.m., Thurs., Thirsty Thursdays drink specials, 4 p.m. to 12 a.m. Fri., Top 40/R&B DJ, 9 p.m. to 3 a.m. Saturday College football/NASCAR, open to 4 a.m. Sunday, Sunday Ticket Football, NASCAR.

Chipping Contest Winner

Warrant Officer 1 Derrick Adkinson won the Marne Call Greens Chipping contest September 24. He has been in the Army for nine years and golfing for two months.

Golf Tourney

The Fort Stewart Enlisted Spouses Club is holding their first annual golf tournament at Cherokee Rose Country Club October 23.

There is a \$10,000 hole in one opportunity as well as other high value prizes.

Check in time is 12:30 p.m. and tee time is 1:30 p.m.

The cost for a four-person team is \$140 which includes green fee, carts and food.

The event will be a shotgun start and play will be bestball.

The deadline to sign up is October 18. For more information email Henri Garcia at lgarcia220@hotmail.com or Latrell Brooks at trellb721@yahoo.com.

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.

Bowling

Bowl for \$1 and get shoes for \$.75 on Fridays, 11 a.m. to 6 p.m. Bowl for \$1.25 and \$1 for shoes Sunday, Family Day, all day at Marne Lanes Bowling Center.

Oktoberfest Golf Scramble

A four person golf scramble is scheduled for Oct. 16 at Taylors Creek Golf Course. Show time is noon, start time is 1 p.m. shotgun.

The cost is \$20 for members and \$25 for non-members. Registration deadline is Oct. 14. For more information call 767-2340.

Trick or Treat

Trick or treating is scheduled for Oct. 30 at Fort Stewart and Hunter. Children should acknowledge the "porch light policy" from 6 p.m. to 8 p.m. If you plan to give out candy, please turn on your porch light.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-5979. Deadline is noon on Fridays.



Photos by Pfc. Ricardo Branch

(Top) Tracy Daily sprints the last few meters to the finish line.

(Right) Matt McKenna drives on during the final stretch in Saturday's run.

Runnin' the rock

Pfc. Ricardo Branch

Associate Editor

Most people consider the weekend a time to sleep in and relax from another interesting week on the Marne Express.

Many people rose from an early slumber and headed to the quick track to put a few miles under their belt to start off their weekend. Soldiers shed their usual weekend attire and arrived in outfits more fitting for a workout.

These people came to the quick track to run.

As the horn blew, the crowd of weekend runners surged forward beneath a flowing banner. Five kilometers lay ahead for some of the competitors, while the more ambitious and daring runners took the 10-kilometer challenge.

More than 120 Soldiers, family members and civilians took part in the Top of the Rock run, which is held for runners living in and around Fort Stewart.

"I just got out of the field recently and needed to get back running," said David Koleman. "This run was a good way to do it and have fun at the same time."

Hosted by Morale, Welfare and Recreation, the race brought forth many participants. These leisure runners were willing and eager to pound the pavement for a variety of reasons.

"My husband wanted to run today so I came and ran also to spend some quality time with him," said

See RUN, Page 2B



Staying in shape is not hard

Spc. Jimmy D. Lane Jr.

1st Bde., 3rd Inf. Div.

Most people don't realize how easy it is to stay in shape. In an age when most of us make our way to the couch after a day's work, it is harder than ever to keep off the pounds and push up the physical training score.

I myself am guilty of such acts. I recently bought a video game system, and every day after work I plop down in front of it. Before I realize the time, it is 9 p.m., so I just roll over and go to sleep.

I know it is difficult to motivate yourself to do anything physical after work. But our bodies reflect the type of lifestyle we lead. There are several ways to stay in shape.

Before I go any further there is one fact about staying trim; it is a combination of diet and exercise. If you don't exercise and eat too much, you get fat. If you don't eat right and exercise, you get sick. If you don't eat or exercise, you get flabby.

The body uses three main sources for energy. The first is sugar, which can be carbohydrates or regular sweet sugar. These are what the body uses when it needs a burst of energy. If you eat sugars and don't need the energy, your body turns it into fat.

Fat is the second thing the body uses after sugar. A long run with a

slow pace is better to burn off fat than running fast, because your body will just use up the sugar and you will become exhausted more quickly. If you are into lifting weights and you are overweight, lift large amounts of weight with fewer repetitions in as many sets as you can before muscle failure. This will turn your stored fat into muscle, and you can worry about toning later on.

The worst thing you can do is not eat or exercise. The last thing the body will use as a source of energy is protein, which is what your muscles consist of. If there is no sugar or fat on your body, your body will revert to atrophy, which is breaking down the muscle and using it for energy. The last thing you want to do is lose muscle.

These days people think that rest is deserved after a small amount of work. I have heard Soldiers who have desk jobs say they are mentally exhausted. The fact is you don't need to think very much when you are running or doing push-ups.

For those of us who still can't find the motivation to do standard Army exercises, there are numerous ways

to get your work out around the house and in your neighborhood.

I can't tell you how many times I have been sitting around the house and my daughter has asked me to take her to the park or to a pond. So one day I finally got off my can and went walking with her. I chased her up and down the streets of Marne Terrace, and stopped at every park along the way to push her on the swings or play in the sand. By the time I got back home, I was drenched in sweat.

If you don't have kids, there is still no excuse for not exercising. Instead of sitting around on the weekend outside of the barracks and guzzling beer into the wee hours of the morning, go play basketball. There are more state parks than one can count within a 50 mile radius that offer activities such as canoeing and hiking. If you get together with your buddies on the weekend and one or two nights a week and play racquetball or go swimming, it not only gives you a workout but contributes to unit cohesion.

In other words, don't do the things that you dread to do. Many sports and activities are physically

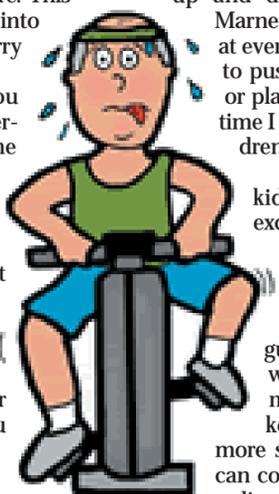
challenging, and you are having so much fun doing them that you don't realize how much time has passed.

If you are into lifting weights, it is important to take a buddy. Find one that is as motivated as you, and preferably not built like the Incredible Hulk. I have ducked out of the weight room many times because I was alone and not willing to ask one of these super hero types to spot me.

Do not become stagnant in your exercise routine. If you ever start running, run long distances at a snail's pace if necessary. If you do sprints for 50 yards or less and return to a slow pace over the course of four or more miles, you will notice your run time getting shorter. After a few weeks, you will notice that your pace has picked up and now you can pass the next to last guy in the run.

Whatever you do, make sure you do it consistently. You may not see results immediately, but you will eventually notice a difference in not only your body, but your state of mind.

It is important to stay motivated, even for such small things like walking or yard work. Many times I have cursed myself for spending an entire beautiful Saturday indoors while the grass in my backyard grows up to the second story balcony. Start small, and your body will give you the results.



Marne Scoreboard

Football

2004 Fort Stewart Intramural Flag Football

Sept. 28 B Co., 26 FSB (Forfeit) 92 Chem. (Forfeit)
 15 ASOS (20) 632 Maint. Co. (7)
 A Co., 4/64 Armor (25) A Co., 1/133 MP Co. (7)
 15 ASOS (32) B Co., 4/64 Armor (27)
 A Co., 4/64 Armor (12) Det. 3, 3rd Sig. (20)
 C Co., 5/7 Cav. (Forfeit) A Co., USAG (7)
 C Co., 3/69 Armor (Forfeit) B Co., 3/7 Inf. (Forfeit)
 HHC, DSB (0) 226 QM (20)

Sept. 29 A Co., 4/64 Armor (14) B Co., 4/64 Armor (30)
 92 Chem. (30) HHT, 5/7 Cav. (24)
 HHC, DSB (Forfeit) FSC, 4/64 Armor (7)
 HHT, 5/7 Cav. (37) 4-3 BTB (31)
 HHOC, STB (12) B Trp., 5/7 Cav. (13)
 Det. 3, 3rd Sig. (31) C Co., 3/7 Inf. (2)
 C Co., 3/7 Inf. (24) A Co., 1/133 MP Co. (19)

Standings

Marne Conference

Team	Won	Lost	Pct
E Co., 26th FSB	2	1	0.750
15 ASOS	4	0	1.000
HHOC, STB	4	3	0.571
A Co., 4/64 Armor	3	3	0.500
A Co., 1/133 MP Co.	1	6	0.142
B Co., 4/64 Armor	3	3	0.500
C Co., 3/7 Inf.	1	6	0.142
HHS, 1/39 FA	4	0	1.000
632 Maint. Co.	4	1	0.800
B Trp., 5/7 Cav.	1	3	0.250
Det. 3, 3rd Sig. Co.	5	3	0.625
C Co., 1/64 Armor	1	2	0.333

Southern Conference

Team	Won	Lost	Pct
B Co., 1/41 FA	5	0	1.000
D Co., 1/64 Amor	3	2	0.600
HHB, 1/41 FA	3	2	0.600
C Co., 5/7 Cav.	1	4	0.200
FSC 4/64 Armor	2	1	0.666
B Co., 3/7 Inf.	0	4	0.000
C Co., 3/69 Armor	0	1	0.000
226 QM Co.	7	1	0.875
HHC, DSB	1	5	0.166
F Co., 1/41 FA	3	0	1.000
A Co., USAG	3	4	0.428
Det. 1, 3rd Sig.	0	6	0.000

Liberty Conference

Team	Won	Lost	Pct
3rd SSB	0	0	0.000
B Co., 26 FSB	0	1	0.000
B Co., 92 Eng.	2	0	1.000
HHT, 5/7 Cav.	1	2	0.333
A Co., 1/9 FA	0	0	0.000
92nd Chem. Co.	1	2	0.333
HHC, 1/64 Armor	0	0	0.000
HHC, 4/3 BTB	0	1	0.000

Stewart's Undefeated

B Co., 1/41 FA 5 - 0 HHS, 1/39 FA 4 - 0
15 ASOS 4 - 0 F Co., 1/41 FA 3 - 0



Pfc. Ricardo Branch

Soldiers from 1st Battalion, 76th Field Artillery Regiment hold up a trophy after winning the 10 kilometer team event Saturday. 1/76 FA's top ten runner's times combined was 30 minutes faster than second place.

RUN

from page 1B

Charlene McNeill.

"My unit needed people to come and represent for the race, so I ran for them," said Kevin Aynar. "There were a lot of people here, which was good because it helped motivate you to run faster and do that much better."

The times ranged from 45 minutes and less. However, this wasn't just a race for the swift. Those who

ran slower were cheered and encouraged at the finish line

I wanted to prove to myself that I can do this, so I came and ran," said Joseph Santoro. "It was harder than I thought."

With incentives offered to many of the Soldiers, the motivation for many was high and it was apparent at the finish line as people gave it their all for the final few meters of

the run.

Compensatory time off was offered to some of the Soldiers for competing, while others just came for the fun of it, said Troy Meyer.

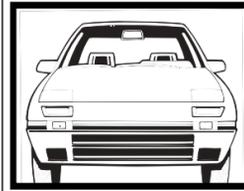
"Truly anyone can get up and run a race like this," Meyer said.

Meyer added, "With this type of event, a person can get speed and mileage under their belt, and even get an improved 2-mile run time."

Newman Physical Fitness Center Aerobic Schedule

Day	Activity	Time	Instructor
Mondays	Basic Training Workout with Irma	9 to 10 a.m.	Carmen
	Step-Kicking with Irma	4:30 to 5:30 p.m.	
Tuesdays	Latino Rhythm with Carmen	7:30 to 8:30 a.m.	Irma
	Butts and Guts with Delores	7:30 to 8:30 a.m.	
Wednesdays	Cardio-Stepping	4:30 to 5:30 p.m.	Carmen
	Caliente with Carmen	7:30 to 8:30 a.m.	
Thursdays	Basic Training Workout with Irma	9 to 10 a.m.	Irma
	Step-Kicking with Irma	4:30 to 5:30 p.m.	
Fridays	Cardio Kick-boxing with Irma	9 to 10 a.m.	Carmen
	Step-Kicking with Irma	4:30 to 5:30 p.m.	
Saturdays	Master C Workout with Carmen	7:30 to 8:30 a.m.	Irma
	Killer Friday with Irma	9 to 10 a.m. and 4:30 to 5:30 p.m.	
Saturdays	Pick Your Poison with Carmen	9 to 10 a.m.	Irma
	Step-Kicking with Irma	4:30 to 5:30 p.m.	

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