

SPORTS & FITNESS

B SECTION

On Post

Sports Commissioners

The sports office at Fort Stewart and Hunter are looking for volunteer commissioners for flag football, softball, basketball and volleyball. For more information call 767-8238 or 352-6749.

HAAF Golf Course

The putting green at Hunter Army Airfield Golf Course is being enlarged from 4,800 sq. ft. to 14,000 sq. ft.. The teeing area and short game practice facility is also being enlarged and renovated. The projected opening date is late September.

Operation Star

All ages needed for future stars. If you are a dancer, singer, band member, cheerleader, break dancer, stepper or rapper please sign up. Organizations are welcome.

For more information please call 767-4491/4493.

Lotts Island Marina

The Equipment Rental Center is open Mondays, Thursdays and Fridays 11 a.m.-5 p.m., and Saturdays, Sundays and holidays 7 a.m.-3 p.m.

For more information call 352-5974.

Holbrook Recreation

Holbrook Pond Recreation Area campground is open year-round.

Sites have water and electrical hook ups, bathhouses and a recreation area.

Pavilion Rentals available to military ID card holders only. Rent a custom craft jon boat for two days and get the third day free!

For more information call 767-2771 or 767-2717.

Tae Kwon Do lessons

Tae Kwon Do is available for children and adults. Classes are held for beginners from 5-6 p.m., intermediate 6-7 p.m. and teen and adult 7-8 p.m., each Tuesday and Thursday at the Fort Stewart Youth Services Center, Building 7338, Austin Rd., Bryan Village, next to the shoppette.

The cost is \$25 per month, \$25 for uniform and \$25 for testing fee. Belts are included. For more information, call Child and Youth Services at 767-2312.

Newman offers training

Newman Physical Fitness Center now offers personal-training consultations. Consultations consist of health screenings, exercise prescription and nutritional counseling. Consultations are by appointment only.

Persons desiring this service may call 767-3031.

Taylor's Creek Golf Course

Taylor's Creek Golf Course offers Senior Blitz on Thursdays with a 9 a.m. tee off.

There is also a Dogfight Tournament at 7:30 a.m. and Men's Blitz at 1 p.m. on Saturdays, and a Men's Blitz at 1 p.m. on Sundays.

Off Post

Aerobics classes

The West Broad Street YMCA presents aerobics.

The classes are held from 11 a.m. to noon, noon to 1 p.m., 4:30-5:30 p.m. and 5:45-6:45 p.m., every Monday, Wednesday and Friday, and from 9-10 a.m., on Saturdays. There is no fee for YMCA members. Non-members must pay \$30 each month.

For more information, call 233-1951.

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.



SpC. Jacob Boyer

Kenneth Smith makes his final pass as he dashes for the finish line at the Army 10-Miler Sunday in Arlington, Va. The 3rd Inf. Div. (Mech.) men's team finished 13th in a field that included 80 teams.

Stewart team 'goes the distance' at Army 10-Miler

SpC. Jacob Boyer

Staff Writer

Robert Miske led the 3rd Infantry Division (Mech.) team to a 13th-place finish in the 19th Annual Army 10-Miler Sunday in Arlington, Va., completing the course in 53:58.

Miske finished 43rd overall among more than 13,000 people who ran in the race, which is the largest 10-mile race in the United States.

"I've been training (for the race) since May, since I was part of the rear detachment during Operation Iraqi Freedom," he said. "I've improved a lot."

Robert Baier was the second member of the team to finish, coming across the line in 1:02:10. He was followed by Bernard Gaither (1:04:33), Alan Heins (1:05:51), Kenneth Smith (1:12:33), Salvador Hernandez (1:16:52) and James McAlister IV (1:32:34).

Edith Davis was the team's only runner in the women's division. She finished with a tie of 1:31:36.

The division's deployment to Iraq made getting the team ready for the race difficult, said Miske, the team captain. Tryouts were held a month before the race, which limited the time the team had to train.

"The deployment was a big factor for us, but I saw a lot of improvement in everybody," he said. "In that one month everyone on the team dropped five or six minutes off their time. Just think what we could have done with more time."

Miske said he was pleased with his performance, but other team members could tell the time in Iraq affected their times.

"I didn't do so great," said Smith, who had run in four previous Army 10-Milers. "When we were in Fallujah, I got to run about three times. I'm a natural runner, so it came back to me quickly. Overall, it was a great race."

Smith said running the race was a great way to motivate his soldiers to work hard to

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Army 10K, 10-mile race brings American tradition to soldiers

SpC. Chad D. Wilkerson

372nd MPAD

BAGHDAD, Iraq — Soldiers exited their HMMWVs, setting down their weapons and removing their helmets. Each one shed their desert camouflage uniforms and boots to reveal the shorts and T-shirts of the U.S. Army physical training uniform.

These soldiers came to run.

As the starting horn blew, the crowd surged forward beneath the starting banner. Ten kilometers lay ahead for many of the day's competitors, while the more ambitious and daring runners would take the 10-mile challenge.

More than 700 soldiers, from units as far as 40 miles away, traveled to Baghdad International Airport to participate in the Task Force 1st Armored Division's version of the Washington D.C.'s annual "Army 10-Miler."

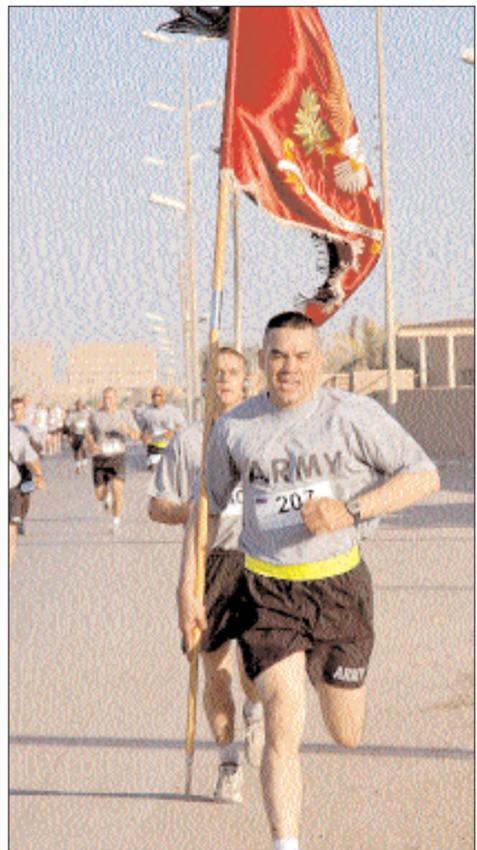
"You could either run the race, or don your rucksack and road march," said Lt. Col. Paul Hurley, commander of 47th Forward Support Battalion and race participant.

The 47th FSB planned and hosted the event, and provided T-shirts to the first 500 registered participants. Turnaround points marked the halfway for both 10k and 10-mile racers, and 47th personnel manned water booths at every mile along the way.

The first event of its kind on BIAP was timed to coincide with Washington, D.C.'s annual 10-mile race, said Command Sgt. Maj. Charles Tobin, 47th FSB command sergeant major. Those 47th FSB soldiers that did not participate in the race itself, volunteered to man water points or register and hand out numbers to competitors.

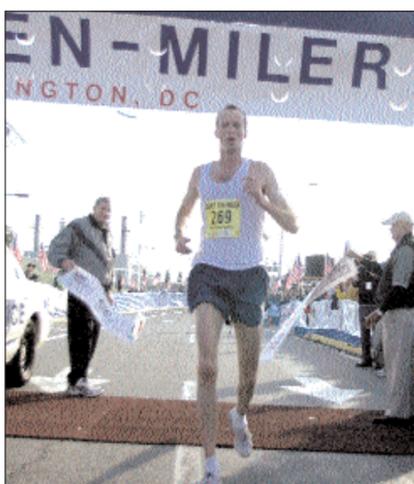
"There are a lot of runners in the Army on BIAP that wanted to participate in a 10-mile race, but could not because of their deployment here," said Capt. Shannon Schmick, commander Headquarters and Headquarters Detachment, 47th FSB. "We wanted to put

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SpC. Chad D. Wilkerson

Command Sgt. Maj. Charles Tobin provides motivation for soldiers during the U.S. Army 10k, 10-miler race at Baghdad International Airport Oct. 5.



Pfc. Justin Nieto

John Henwood crosses the finish line of the Army Ten-Miler with a winning time of 48:39

Army Ten-Miler brings record turnout

Pfc. Justin Nieto

Army News Service

WASHINGTON — The Army Ten-Miler ran through the heart of the nation's capital Sunday as a record 13,197 runners participated in the 19th edition of America's largest 10-mile race with teams from U.S. Army Europe and Fort Lewis, Wash., gaining Army bragging honors.

Many ran with thoughts of the troops who have sacrificed, some with life and limb, in Iraq and Afghanistan, after being reminded by Sgt. Maj. of the Army Jack Tilley the night before at the pre-race pasta dinner. He asked that the race be dedicated to them.

From its beginning on the west side of the Pentagon to the finish on the east side, the competition at the front of the race was fierce as runners competed for team and individual honors under beautiful, clear skies. The temperature during the

race ranged in the mid to upper 50s, warming from a pre-race 48-degree low, drawing out most of the 15,000 or so who had picked up race packets on Friday and Saturday.

More than 18,000 had registered before entries were capped more than a month before the race.

John Henwood, a fitness instructor and Wellington, New Zealand, native now living in Washington, narrowly edged Army Capt. Scott Goff for the fastest run of the day at 48:39. Goff, of the Army World-Class Athlete Program in Boulder, Colo., was just four seconds back, unable to catch his taller rival, but 33 seconds ahead of the top runner of a strong team from the Italian Army, Luigi Labella, who crossed the finish line carrying his country's flag.

In all there were 16 foreign nations represented — and more than 800 teams.

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Golfers compete for Commander's Cup

Pfc. Benjamin Brody

Staff Writer

Under sunny skies, the annual Garrison Commander's Cup took place at Taylors Creek Golf Course Friday at noon, attracting scores of civilian and military golf enthusiasts. The event is sponsored by local businesses and promotes golfing to servicemembers, said Tommie McArthur, director of the Stewart and Hunter golf courses.

The tournament opened with remarks from Garrison Commander Col. John M. Kidd, who brought a golf bag containing a fishing rod, a shotgun, a croquet mallet and other sporting goods as a joke about his golfing prowess. Kidd thanked the sponsors of the event and Morale, Welfare and Recreation for making the event possible.

"The Commander's Cup is a nice 'welcome home' for the troops who are golfers," Kidd said. "We're going to show a little fellowship, play a little golf and have a great day."

After Kidd's remarks, the golfers filed out across the course in their golf carts to await the starting horn. The horn blew and dozens of golf balls began sailing through the air towards their marks. A red fox, startled by the sudden commotion, sprinted across the course into the surrounding woods.

"The day is going great," said McArthur. "The turnout is fantastic, the weather is perfect, and everyone is having a good time."

The winning team, with a score of 56, was composed of Walter Graham, Fabian Cook, Richard Neill and Isaac Ahn.

Winning the long drive competition were T.J. Rivera at Hole 7 and Henry Thompson at Hole 18.



Pfc. Benjamin Brody

Chris Ogawa, HHC 3/15 Inf., taps his golf ball into the cup Friday during the Garrison Commander's Cup. Ogawa's team came in fifth place in the tournament.

Deadline approach for Chili 5K Runners

Special to The Frontline

FORT RUCKER, Ala. — On-line advance entries for the annual Chili 5K and Cookoff here end Oct. 15 — just a few days away.

Until then, runners and chili chefs can register at a special web site, either www.chili5k.com, by credit card on a secure page or by downloading a form and sending it and a check through the mail.

Those who register early save \$2 and are assured of a colorful Chili 5K T-shirt on race day.

Teams of six runners or more may enter. Military teams must register in advance in order to receive a guidon streamer for participation.

In-person registration will be available at the Post Exchange here Oct. 24 to 31, 10 a.m. to 5 p.m. weekdays, 11

a.m. to 2 p.m. Saturday and Sunday.

Anyone can visit the web site any time for information and directions.

Runners who register early pay just \$13 and are assured of a colorful Chili 5K T-shirt on race day. Registration the day of the races is 7 to 9:30 a.m. at \$15.

The Chili 5K, open to all amateur and professional runners, is conducted by members of the 1st Battalion, 14th Aviation Regiment and Results Event Timing LLC, a Florida-based professional timing company. Results will be certified and runners can use them for registration in future major competitive events.

The big Chili Cookoff is expected to include more than a score of cooking teams. Chili-cooking teams can sign up for a \$15 donation, and early registration is encouraged. Organizers antic-

ipate that about 30 chili teams will register this year. A panel of judges and everyone who samples the chili will determine the winners and rankings.

Admission to the Nov. 1 event is free and open to the public. Chili samples are just 50 cents per cup. Visitors coming through the gates need to show driver's license, vehicle registration, proof of insurance, and a State or Federal photo ID for everyone age 16 or older.

Families can look forward to activities and demonstrations for kids and grownups alike, some great-tasting chili, music by leading radio stations, and numerous door prizes drawn at random throughout the day.

The annual event is presented by the Aviation Center Chapter of the Army Aviation Association of America, and the Fort Rucker Morale, Welfare and Recreation fund.

Marne Scoreboard



Football

2003 Fort Stewart Intramural Flag Football Standings Through Monday			
Eastern Conference			
Team	W	L	Pct.
HHC 1/3 Avn.	6	0	1.000
HHC 2/3 Avn.	4	1	.800
512th QM Co.	3	3	.500
B Co. 603rd ASB	2	4	.333
110th QM Co.	1	4	.200
3/160th	1	5	.166

Pacific Conference			
Team	W	L	Pct.
HSC 603rd ASB	4	1	.800
D Co. 1/3 Avn.	3	2	.600
K Co. 159th Avn.	3	2	.600
D 1/58th Avn.	2	3	.400
269th QM Bn.	1	3	.250

Aerobics

Newman Fitness Center	
Mondays	
Latino Rhythm	7:30 to 8:30 a.m.
Busy Feet Workout	9 to 10 a.m.
	4:30 to 5:30 p.m.
Tuesdays	
Butts and Guts	7:30 to 8:30 a.m.
Basic Training Workout	9 to 10 a.m.
Cardio-Stepping	4:30 to 5:30 p.m.
Wednesdays	
Calliente	7:30 to 8:30 a.m.
Cardio Kick-Boxing	9 to 10 a.m.
Step-Kicking	4:30 to 5:30 p.m.
Thursdays	
Basic Training Workout	9 to 10 a.m.
	4:30 to 5:30 p.m.
Fridays	
"Master C" Workout	7:30 to 8:30 a.m.
"Killer Friday"	9 to 10 a.m.
	4:30 to 5:30 p.m.
Saturdays	
"Pick Your Poison"	9 to 10 a.m.

Tournaments

Hunter Halloween 5k Run/Fun Walk

The 5k event will be held Oct. 25. The fun walk is offered to children 12 years

old and younger. The teams for the 5k run must have a minimum of five people. Prizes will be given out to the two top finishers.

All participants must pre-register by Oct. 16. For more information call 352-5918.

Pre-season Intramural Basketball Tournament

The tournament will be held Dec. 1 to 4. The event will be open to active duty, national guard and reserves soldiers. Entry fee is \$100 per team. There is a limit of 12 players per team and a limit of 20 teams. Entry deadline is Nov. 24. There is a trophy for first place and 12 second place trophies. For more information call Fort Stewart sports offices at 767-8238 or 767-8326, or Hunter sports office at 352-6749.

Stewart / Hunter Basketball Season

The season will start Dec. 8. The tournament is open to active duty, National Guard and Reserve soldiers. Games will be played Mon. through Thur. Each unit will be allowed one team, with a limit of 12 players per team. Sign-up for the tournament will begin Oct. 20 at the Fort Stewart or Hunter Army Airfield sports office. The deadline for entries is Nov. 17. For more information call 767-8238/8326 or 352-6749.

Got Scores?
Contact the
Frontline staff at 767-3440.

TRADITION

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together something that would break up the monotony and build morale for all the civilians and military participants.”

Running has long been one of the U.S. Army's physical fitness mainstays, but in an environment like Baghdad, running can be a welcome stress release, said Schmick.

Schmick said the event was an administrative challenge, with an expected turnout of about 200 runners, and an actu-

al turnout of over 700. Even with such an unexpected response, the race went off without a hitch, she said, with credit going to 2nd Lt. Job Freedman, officer in charge of event planning, and Staff Sgt. Patrick Piper, noncommissioned officer in charge of the event.

“This is one of the most motivational events to happen here on BIAP,” said Tobin, who ran with the 47th's battalion

colors. “It was a battalion effort and we have gotten nothing but good feedback.”

Schick, Tobin, and Hurley said they consider the event a huge success, and were proud of the turnout.

“We wanted to bring a little bit of America here for the soldiers,” said Hurley. “The Army 10-miler is an American tradition, so it is like a little slice of home for the soldiers who are away from home.”

10-MILER

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“I felt strong about my chances of winning the race,” said the 6'5" Olympic-hopeful Henwood. “I looked at the times from the winners last year and thought I could run around those times.”

Alisa Harvey gutted out her first-place finish among the women with a time of 59:29 to join a trio of runners who have each won the overall men's or women's divisions three times in the past six years.

The Manassas runner, a track coach at George Mason University, had back-to-back victories in 1998 and 1999 and a second-place finish in 2000 with faster times, but has been training more for speed in hopes of representing the United States at the Olympics in the 800-meter run, the distance she competed at as an All-American at Tennessee. No man or woman has won more than three times.

“I finished ugly,” the 38-year-old said. “I had no kick at the end.”

Her regimen has emphasized building her speed with shorter sprints and weight training.

Harvey went out with Jacqueline Concaugh (1:00:13), but after the early part of the race found herself running alone.

“It's tough to run with men; they want to surge on you and they will either wear themselves out or outrun you.”

The third-place finisher among women was 41-year-old Martha Merz, a Navy wife from Mystic, Conn., who was 36 seconds over the one-hour mark. Fourth- and fifth-place finishers were Heidi Grimm, 36, of Fort Lewis, Wash., and Sarah Ranson, 30, of Baltimore.

Fourth and fifth places for men were taken by Sanu Rebenciuc, 34, of Lafayette, Colo., and Gianmarco Buttazzo, 26, of Rome, Italy. Rebenciuc is with the Army World-Class Athlete Program and Buttazzo is with the Italian Army running team.

The Italian Army team, which resides and trains in Rome, won the overall team event, placing five runners in the top 10 finishers and posting a best-four combined time of 3:19:36.

“We enjoyed running with the U.S. Army,” said Italian Army Col. Roberto Perretti, the leader of the eight-man team. “We have a strong relationship with the USA Army.”

Fort Lewis and I Corps came in second in the Open Men

category with 3:35:01 and Fort Leavenworth was third with 3:38:59.

The top women's team was fielded from U.S. Army Europe. The team posted a collective 4:21:17. Second was from Hawaii and the 25th Infantry Division (4:26:42). Fort Lewis and I Corps women took home the third-place trophy with 4:29:59.

John Clopeck, 40, of Stow, Mass., was the top masters male (53:13) and Margo Braud, 44, Austin, Texas, was top masters female (1:01:54).

Henwood said he has been training mainly for the 5K and 10K Olympic events, and had never run a 10-mile event before.

“The competition was very good,” said Henwood about his fellow runners. “I was very impressed with the park and the course.”

Henwood also said he had spent the better part of the year instructing aboard a cruise ship, which limited his running opportunities.

“I ran for about an hour and a half aboard the ship and taught three days a week,” said Henwood of his time aboard the ship, which cruised from the Caribbean to the Alaskan coast.

Perretti said the open participation is good internationally as he and his team plan to be back next year to defend their victory.

After the event, Maj. Gen. Galen B. Jackman, the commanding general of the Military District of Washington, had nothing but praise for the individuals who worked tirelessly to see the run go off without a hitch.

“The soldiers in MDW, the Old Guard, the Army Band are just some of around 1,000 people necessary to put on a race like this,” said Jackman about the volunteer force for the Army Ten-Miler.

Jackman also mentioned the team in the Army Ten-Miler office, who work year-round to prepare for the race, and sponsors like Bearing Point, Geico Direct and Crystal Springs whose contributions make the race possible.

“This run is a great tribute to the spirit of the Army and the spirit of the people of this country,” Jackman said.

MARNE TEAM

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maintain their levels of fitness.

“I hope by doing this I can give younger soldiers something to look forward to in the future,” he said. “We're in a rapid-deployment unit and we have to be fit to fight. Running keeps you young. It keeps you strong. It keeps you good.”

The race was won by John Henwood of Washington, D.C., in a time of 48:39. He was followed by Army World Class Athlete Scott Goff (48:43) and Italy's

Luigi LaBella (49:16).

Olympic hopeful Alisa Harvey of Manassas, Va., finished in 59:29 for first place in the women's division. Jacqueline Concaugh (1:00:13) and Marta Merz (1:00:36) rounded out the top three.

The Fort Lewis and I Corps team took first place in the U.S. Military Male Team division. The U.S. Army Europe Women took first in the women's division.



Pfc. Justin Nieto

Capt. Scott Goff of Boulder, Colo., crosses the finish line at the Army Ten-Miler in Washington, D.C., Oct. 5. Goff was the first Soldier to finish.