

SPORTS & FITNESS

B SECTION

On Post

Army 10-Miler tryouts

Qualifying races to determine 10-miler team will be held July 24th and Aug. 21st.

Each race will start 5:30 a.m. at Donovan Field running track.

The Army 10-miler is scheduled for Oct. 24th in Washington D.C.

Runners wishing to enter the race can sign up at the Fort Stewart sports office, Bldg. 471 or at the race site the morning of the event.

Gracie Ju-Jitsu

Ju-Jitsu is held Tuesday and Friday at Caro Fitness Center from 6 to 7:30 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. at Caro.

For more information, contact Jake at 767-3033.

Newman consultations

The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings (body fat assessments), exercise prescription and nutritional counseling.

Consultations will be given on an appointment basis only.

For more information, call 767-2771.

Marne tournaments

A nine-pin, no-tap tournament will be held the first Saturday of every month at Marne Lanes.

Sign up starts at 6:30 p.m. Bowling starts at 7 p.m. Cost is \$15 per person.

For more information, call 767-4866.

Hula Hoop Contest

Sports USA is hosting a hula hoop contest July 24 from 9 to 10 p.m.

Prizes will be awarded, and the 50th woman through the door wins \$50.

For more information, call 767-8715.

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.

Officials needed

The Hinesville Officials Association is in need of and accepting applications for baseball, basketball, football and softball officials 18 or older.

Experience is not required, as a training program is available.

For more information, call Tom Farlow at 767-4763 or Ron Campbell at 484-8192 or 238-7195.

Old Skool Night

Sports USA is hosting Old Skool Night Friday from 3 p.m. to midnight.

The night will feature Dominos and Spades contests. Ages 18 and up welcome.

For more information, call 767-8715.

Eating Contest

Sports USA is hosting a "Who Can Eat the Most Hamburgers?" contest July 16. Prizes will be awarded.

For more information, call 767-8715.

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.

Marne Day brings out competitive edge



Spc. Jonathan M. Stack

Maj. Gen. William G. Webster Jr., 3rd Inf. Div. commanding general, leads the way July 1 during a 3.5 mile division run. For the story and photo see page 2B.



Spc. Robert Adams

Moru Mane defeats Anthony Johnson in the first round of the Marne Day arm wrestling tournament held at Sports USA July 1.

Soldiers compete for strongest arm

Spc. Robert Adams

Staff Writer

Eddie Johnson won the Marne Day arm wrestling tournament at Sports USA July 1.

Johnson defeated Joe Garwaski in the championship match to take the title of the single elimination tournament.

The competition was of one of many Marne Day events Soldiers could participate in at Sports USA, which included pool, air hockey, dominos and spades tournaments.

"I hope the Soldiers had a good time," said Yvette Shepard, Sports USA manager. "They got to be off work, gather in a

relaxed place, and have fun."

The top three individuals of each sporting event were awarded trophies at a ceremony held at Marne Garden.

"This event shows who the stronger man is," said Timothy Williams, who finished third in the event.

"It takes a little bit of mind and guts to show up here," said Richard Kasserman.

The competitors had to make sure they kept their elbow stable and had a good grip on the side of the table. The winner was determined when one competitor's hand is all the way down on

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Soldiers shoot for relaxed, competitive pool tournament

Pvt. Dan Balda

Staff Writer

Soldiers were given a chance to participate in many events during Marne Day, held Friday at Fort Stewart. Approximately 150 Soldiers signed up for the eight-ball pool tournament. Some participants heard about the tournament from their units while others were encouraged to take part by their friends.

Leon Tran was told about the event by his first sergeant and jumped at the chance to play. He has competed and won in a couple of tournaments he has entered in the three years he has played pool.

"If I'm not playing then I'm cheering on my fellow Soldiers from the sidelines," Tran said. "It's going to be a fun day."

The tournament was single-elimination, with the competitors flipping a coin to see who would start off the match, said Yvette Shepard, the manager at Sports USA. Janeth Cochran helped to settle the few disagreements that arose from the fierce competition, Shepard said.

Eight-Ball is a call shot game played with a cue ball and 15 object balls, numbered 1 through 15. One player must pocket balls of the group numbered 1 through 7 (solid colors), while the other player has 9

through 15 (stripes). The player pocketing either group first, and then legally pocketing the 8-ball wins the game, according to the Billiard Congress of America's Web site, www.bca-pool.com.

"It's a great event because it helps the troops' morale," Shepard said. "I'm seeing a lot of smiling faces but I think some of that has to do with the air conditioning."

"My advice to the Soldiers is to not act crazy but to do their thing," Shepard said.

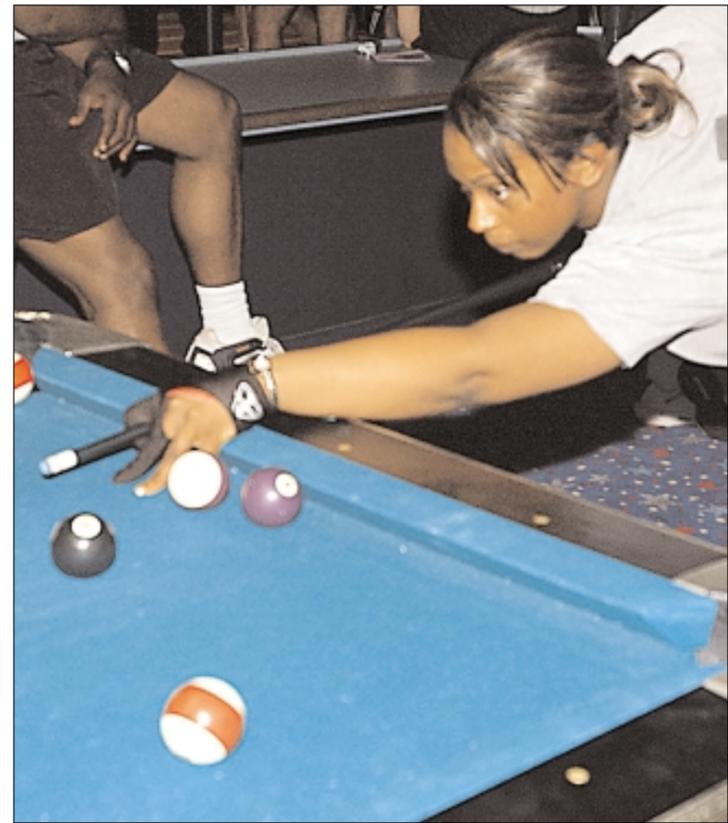
The mood was festive as the Soldiers drank soda and discussed various strategies with their friends. Some soldiers took part in more than one event and could be seen running back and forth to make sure they were present when Shepard called their name over the public address system.

"I'm playing mainly for fun, just messing around," said Dana Parker, a three-year veteran of pool competitions.

"When I go to the club I don't dance, I shoot pool," Parker said.

"I just got back from NTC and it's a great break from work," Parker said. "It's also a good tool for unit cohesion."

Trophies were presented to the top three finishers at a ceremony held at Marne Garden at 3 p.m. First place in the first bracket was awarded to Michael Lewis. First place in the second



Pvt. Dan Balda

Dana Parker lines up her shot during the pool tournament.

bracket was awarded to Donell Bailey. First place in the third bracket was awarded to Marlon Dorsey. First place in the fourth bracket was awarded to Sayette Amdsen.

"It's great for the soldiers, especially the ones going to Iraq," Shepard said. "It gives their minds off work and gives them a chance to feel at home and relax."

Division run kicks off Marne Day

Pfc. Jacqueline Watson

Staff Writer

"Double-tiiiiime!"

It rang out again and again as, one after another, each brigade in the 3rd Infantry Division at Fort Stewart started out on a division run July 1.

Maj. Gen. William G. Webster Jr., ran at the front of the entire formation and was followed by the brigades and their battalions and companies.

"I'm excited about carrying the brigade guidon, because I'll be at the front of the formation this time," said Spc. Thomas J. Childress, Headquarters and Headquarters Company, 1st Bde. "I think the runs are always pretty fun."

The division run isn't just about having a fun physical training day, it's an event that lifts the esprit de corps of the entire division because all the Soldiers and leadership of the division run together, said Capt. Stanley O. Pulley III, HHC, 1st Bde. commander.

The division ran nearly four miles to kick off Marne Day before the long weekend.

"It's Marne Day, and the day before block

leave," said 1st Lt. Paul Mysliwec, HHC, 1st Bde. executive officer. "The run energizes everyone's spirit, but also reinforces the idea that we're not always going to have all the time we want to get ready for a big movement."

With many peoples' thoughts on what their plans for the holiday weekend or block leave, the division run and Marne Day were ways for Soldiers to keep a high level of esprit de corps, Mysliwec said.

"Time off doesn't increase morale or increase the spirit of someone as part of a unit," Mysliwec said. "It's worth it to have a mandatory unit of action fun day, because it does more to affect unit spirit than anything except combat."

Upon the division's return from the run, many felt energized and ready for a division-wide fun day.

Maj. Karl Strellner, HHC, 1st Bde. S-1, said the run started out fast, slowed down a little, and then sped back up.

"It built camaraderie," Strellner said. "Occasionally, it's important for Soldiers to see just how big and powerful their unit is."



Pfc. Jacqueline Watson

3rd Inf. Div. Soldiers hold guidons high as they start off the division run July 1.

Marksmanship unit dominates National Championships

Special to the Frontline

WASHINGTON — U.S. Army Marksmanship Unit Soldiers flexed their muscle, taking 16 medals at the USA Shooting Running Target, Rifle and Pistol National Championships June 16-30 at Fort Benning, Ga.

The running target championships saw The USAMU team sweep the 10-Meter 30+30 and 10-Meter Mixed Runs National Championships. Staff Sgt. Armando R. Ayala won the gold medals, Spc. Henry L. Gray received the silver medals and Staff Sgt. Christopher S. Hatcher took the bronze medals.

USAMU international rifle shooter Maj. Michael E. Anti dominated the rifle championships, winning gold medals in the Free Rifle Prone and Three Position National Championships, while USAMU Deputy Commander Robert W. Aylward won the Senior Divisions.

Spc. Mary K. Elsass got the bronze medal in the Sport Rifle Championship. Elsass also tied for second place in the Women's Prone Rifle Championship; however after the tie-breaker, she ended up in fourth place.

In the pistol championships, international pistol shooter Sgt. John C. Ennis won gold medals in the Free Pistol, Air Pistol and Center Fire Pistol National Championships. Ennis also won the silver medal in the Rapid Fire Pistol National Championship.

Staff Sgt. Adam J. Holloway received the silver medal in the Air Pistol Championship and the bronze medal in the Free Pistol Championship. Staff Sgt. Robert M. Mango got the bronze medal in the Air Pistol National Championship.

For complete results visit <http://www.usashooting.org>.

Editor's note: This story was compiled from a U.S. Army Marksmanship Unit press release.



Courtesy Photo

Staff Sgt. Armando R. Ayala takes aim in the USA Shooting Running Target National Championships. Ayala took a gold medal in the two running target events as the Army Marksmanship Unit swept both.

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the table.

"A match takes a lot of strength out of you," said Moru Mane.

"Not only do you have to be strong, but you must have good concentration and balance or your opponent will get over top of you," Williams said.

Many Soldiers gathered around the two center stage tables to root on the arm wrestlers.

"Marne Day builds friendship," said Gary Techur, who was there to support the competitors. "We are always in the field and this is an excellent opportunity to relieve some stress."

Williams said, "I think this is excellent for it creates cohesion among Soldiers by getting them out and meeting others."

