

SPORTS & FITNESS B SECTION

On Post**Army 10-Miler tryouts**

The second qualifying race to determine 10-miler team will be held Aug. 21.

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

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

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 6 to 7:30 p.m. Tuesday and Friday at Caro Fitness Center.

Cost is \$45 per month. Sign up prior to 6 p.m. at Caro.

For more information, contact Jake at 767-3033.

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.

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 (body fat assessments), exercise prescription and nutritional counseling.

Consultations will be given on an appointment basis only.

For more information, call 767-2771.

Off Post**Savannah Sand gnats**

It's Hunter Army Airfield night 7 p.m. Aug. 7 at Grayson Stadium to watch the Sand Gnats play.

With a military ID, Soldiers will receive one ticket, hot dog, bag of chips and choice of three beverages.

Gus Macker Championship

Gus Macker, America's original outdoor 3-0n-3 basketball tournament, in cooperation with the Hilton Head Boys and Girls Club, is bringing it's 2004 National Championship to Hilton Head Island, S.C., on Labor Day weekend, Sept. 4 and 5. As many as 400 four-player teams are expected to transform this tranquil island's Hilton Head High School parking lot into a hoop-fest for slam-dunkin', rim-rockin', hoop junkies of all ages.

For more information visit the Gus Macker web site www.macker.com or call 1-616-754-0373.

Officials needed

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

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

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.



Staff Sgt. Craig Zentkovich

Carlos Moran, A Co., 603rd ASB, second baseman, smacks a base hit into right field during a 10-run fourth inning in the July 22 Hunter Intramural Softball Championship.

Aviation takes softball championship

A Co., 603rd ASB overcomes 13-run deficit against 110th QM Co., 23-15

Staff Sgt. Craig Zentkovich

NCOIC, Hunter Public Affairs Office

What appeared to be an upset-in-the-making, turned out to be just the opposite July 22 in the Hunter Intramural Softball Championship.

A Company, 603rd Aviation Support Battalion, had lost only one game in the regular season, and cruised into the finals of the tournament with three decisive victories in a row.

Their opponent in the championship, Headquarters and headquarters Company, 1st Battalion, 3rd Aviation, had played earlier in the evening in the losers' bracket final, beating 110th QM Co. 14 - 5. They needed to beat A Co., 603rd ASB, twice to claim the crown.

After holding A Co., 603rd ASB, to no runs in the first two innings, HHC, 1/3 Avn., sent 13 batters to the plate en route to a 10-run second inning, including two hits from

Stephen Wilson, and seemed to be on their way to accomplishing half of the feat before them.

In the top half of the third inning, HHC, 1/3 Avn., tacked on three more runs with the help of a double from Michael Kennedy, who went 3-4 on the evening.

As A Co., 603rd ASB, came up to bat in the bottom half of the third, they faced a 13 - 0 deficit. Ten minutes later, still in the 3rd inning, they had pulled within

three runs, rattling off nine consecutive hits including a bases-clearing single from pitcher Darryl Stedman.

A Co., 603rd ASB wasn't through. They held HHC, 1/3 Avn. at bay in the fourth and came back up to bat with a vengeance, looking to take the lead. They managed to top the previous inning's hitting display with an 11-run effort, capped off by a

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Red Cross golf tourney hits the green

Staff Sgt. Craig Zentkovich

NCOIC, Hunter Public Affairs Office

The Savannah Chapter of the American Red Cross held a fund-raising, scramble-format golf tournament at Hunter Golf Club July 22.

The proceeds from the tournament, which included giveaways, prizes, free food and a chance to win a car, went to a fund that enables the Red Cross to support soldiers deploying at Hunter.

"Deployments (for the ARC) are an unbudgeted expense," said Dick Sanders, vice president, community development. "Last year we gave out comfort kits to 80,000 soldiers deploying through Hunter — at \$1.72 per kit, that's a lot of money to come up with."

With the help of numerous local businesses, vendors and tournament participants, the Savannah Chapter is on their way to being able to support the soon-to-be-deploying 3rd Infantry Division.

"I am kind of disappointed at the turn out," said Sanders, who was one of only nine participants. "If it wasn't so hot, I believe there would've been more people out here."

Two highlights of the tournament were holes six and seventeen — a hole-in-one meant a new car. Unfortunately, nobody came within 20 feet of the pin on either hole, so the Southern Motors Honda Civic and Vaden Volkswagen Jetta remained parked and unclaimed at their respective tees by day's end.

Aside from the heat and lack of competition, the participants had a good time.

"My father has been in the Red Cross for 33 years," said Seth Stevens, a Savannah resident who led his team to the win with a two-under-par 70. "Ultimately, this helps the Red Cross help the military and their families."

Following the tournament, the Hunter Golf Club hosted participants in the clubhouse while Sanders and volunteers presented them with raffle prizes and gifts — including dinner for two and a carriage ride in Savannah, a painting from a local art gallery, and a brand-new set of Wilson Pro Staff golf clubs.

"We've received great support from the command, Army Community Service, public affairs and the golf course," Sanders said. "Everyone here today had a good time ... and walked away with something to show for it."



Staff Sgt. Craig Zentkovich

Seth Stevens, former service member, sinks a 15-foot putt on the 17th hole at Hunter Golf Club during the first-ever Red Cross Golf Tournament July 22.

Soldiers run the distance

First qualifying race for Army 10-Miler completed

Pfc. Ricardo Branch

Staff Writer

Twenty Fort Stewart Soldiers competed in the first of two Army 10-miler tryouts July 24 on Donovan Field.

Alan Heins, 3rd Battalion, 7th Infantry Regiment said he likes to test himself, which brought him out to compete in the tryout for a chance to represent Stewart in the annual Army 10-Miler, held in Washington.

"I like to push myself because I'm a competitive guy," Heins said. "This run lets me test my endurance and get a good work out."

According to most of the Soldiers that arrived to compete in the run, many had never run 10 miles before.

Justin Kaetzel, B Company, 26th

Forward Support Battalion, said that the tryout is not really a bad run.

Kaetzel said that running is more mental than physical because running is easy but being able to do a large distance is takes the right frame of mind to keep going.

As long as the runner is fit, it should not be too hard, Kaetzel said. "Start training early and don't wait for the last minute for a long run," Kaetzel said.

Kaetzel said that it can get tedious just running a large circle but if running is a person's hobby it's worth it.

Averaging times between 60 to 80 minutes, the first run brought some good qualifier times for Stewart's first 10-miler tryout.

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Pfc. Ricardo Branch

3rd Infantry Division Soldiers take off in hopes of qualifying for the Fort Stewart Army 10-Miler team at Donovan Field July 24.



Staff Sgt. Craig Zentkovich

A Co., 603rd ASB, right center fielder Brian Griswold slides safely into third during the fifth inning of their 23 - 15 victory over HHC 1/3 Avn July 22 on Hunter.

Softball

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Stedman home run. He had tripled earlier in the inning and went 3-4 for the game.

Heading into the fifth inning, A Co., 603rd ASB, held a 21 - 13 lead, and wouldn't look back. Their defense and pitching was solid in the fifth and sixth innings, only giving up two runs, while they scored two themselves.

By game's end, A Co., 603rd ASB, had captured the Hunter Intramural Softball title, 23 - 15. What was an early game scare, turned out to be a decisive victory.

"My first thought (after being down 13 - 0) was that we had another game after this," Stedman said. "(In the third inning) everybody hit their rhythm, and stopped trying to crush the ball."

Omra Schultz, A Co. 603rd ASB, coach and left center fielder agreed, "We needed to relax at the plate and focus on getting one base hit at a time."

"I thought the game could've been out of reach (after the top of the third), but we turned it around."

A Co., 603rd ASB, who won the pre-season tournament at Fort Stewart, ended the regular season 9 - 1. They move on to Fort Stewart to play the installation champion there.

Running

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"Building up for a 10 mile run is not as hard as it seems," said Emily Brzozowski, 603rd ASB.

Emily said that if a Soldier was to run more often the longer distances would gradually begin to not seem that tough.

Brzozowski said that if Soldiers run more often to build up the 10 mile run will seem easy after all the practice done prior the run.

Many Soldiers who are competing in the Stewart qualifier for the Army 10-miler run for various reasons, but all agree that to run is to make a promise and see it through.

"Make a promise and commit yourself, then follow through on your promise," said Spc. Robert D. Baier, 92 Chemical Company. "It's not really too tough, just commit yourself and follow through on any fitness plans."

"Start training early and don't wait for the last minute, Kaetzel said.

The next 10-miler tryout will be August 21 at 5 a.m. at Donovan Field all people interested can participate. Signup for the 10-miler qualifying race is at the sports office or on race day.



Pfc. Ricardo Branch

Justin Kaetzel, 26th FSB, sprints the last stretch, as two runners try to catch up to him, in the qualifying race for the Stewart Army 10-Miler team at Donovan Field July 24. Robert D. Baier, 92nd Chemical Company brought in the best time at the first qualifying race with a time of 1.04.06, Kaetzek came in second at 1.09.18

Iraq pair excel in Iron Soldier contest

Spc. Crista M. Birmingham

Army News Service

CAMP VICTORY, Iraq (Army News Service, July 20, 2004) — Some of the most physically fit Soldiers deployed throughout Iraq ignored heat, dust and the constant potential of hostile fire to compete July 17 in the Iron Soldier contest.

"People scattered from Mosul to Babylon were part of this," said Command Sgt. Maj. Johnny Dorsey, sergeant major of 3rd Signal Brigade. Dorsey has been organizing an Iron Soldier Competition for 17 years at various posts where he has been stationed.

The Iron Soldiers' demanding activities started at 5:30 a.m. to avoid the daytime heat, Dorsey said. The 24 competing soldiers pushed their physical limits by performing as many push-ups and sit-ups as individually possible, each within a 2-minute time, and running a two-mile course around a lake on the camp.

"This was his [Dorsey's] brainstorm; he brings out great morale and esprit de corps," said Lt. Col. Allen Lynn, 3rd Signal Brigade commander.

Dorsey contacted other signal battalions attached to the 3rd Signal Bde. in order to involve more Soldiers in the event.

"We're looking for the best of the best," Dorsey said. "We're looking for the number one man and number one woman here."

All participants were judged based on the PT test scale for ages 18 to 21, the toughest age group grading scale for Army physical fitness testing.

"The difference in the Iron Soldier [Competition] from a regular PT test is that we don't stop at 300," said Dorsey.

A score of 300 is the highest possible total on a normal PT test, and any points past the maximum posted per age group are normally not calculated.

"You have to keep in mind, these are the Soldiers who max their PT tests," Dorsey said. "We calculate past it with the extended scale, so points are added on after 300."

The first place male winner, 19-year-old Spc. Jarmaris Chaney, A. Company, 711th Signal Brigade, traveled from Babylon to compete. While in Iraq, Chaney has been training consistently on his own.

"I've been doing a lot of weight training, and I run every other day, three or four miles," he said.

Chaney's run, like the first place female winner's run, was won by a final burst of extra effort at the finish line.

"To me the run is always the most difficult," said 1st Lt. Courtney Heidelberg,

653rd Sig. Co. female first place winner. Heidelberg also traveled from Babylon for the competition.

"Sgt 1st Class Mickey Dickerson [B Co., 711th Sig. Bn.] had the lead about the last quarter mile of the run, so it was a close finish" she said.

All participants received a coin and were recognized with a certificate of achievement. In addition to this recognition, other prizes were given to the top three males and females.

Both Chaney and Heidelberg received a 19-inch television and DVD player. Placing second were Dickerson and Staff Sgt. Santos Batista, HHC 3rd Sig. Bde., who were each awarded a Daewoo DVD player. Sgt. Orlando Arzola, HHC 3rd Sig. Bde., who placed third for males and Sgt. 1st Class Joyce McNeil, HHC 3rd Sig. Bde, third place female, were each given a compact disc player as a prize from MWR.

"We're looking to do it on a camp scale next; find who is the best at Camp Victory, both male and female, in October," said Dorsey.

"From there, we're going to do it camp to camp, and take all the winners and find the best from that.

"If you're the best of the best, then you should be here," he said.



Spc. Crista M. Birmingham

Spc. Jarmaris Chaney leads the pack during the two-mile run segment of the Iron Soldier Competition. After winning the run, Chaney placed first overall in the men's division.

Don't be a terrorist target!

You can reduce your vulnerability of becoming a terrorist target.

When traveling by airplane:

- Do not fly on a flight targeted by terrorists.
- Report suspicious or unusual activity.
- Do not fly in uniform or with military luggage.
- Sit in the middle or rear portion of the airplane.
- If your airplane is hijacked, don't say or do anything, follow the instructions of your rescuers.

Mail safety, be aware of:

- Unexpected mail.
- Postmark or return address missing.
- Unusual handwriting.
- Excessive weight or size.
- Inflexibility.
- Springiness.
- Protruding wires.
- Odd Smell.
- Grease marks.
- Excessive Post.
- Metal inside.

Cheering them on...



Pvt. Dan Balda

Jacksonville Jaguar's cheerleaders Traci Gillum and Nadirah Baker pose for a picture with Staff Sgt. Joseph Thomas and Sgt. Melvin Williams both with B Company, 122nd Engineer Battalion, at Sports USA Thursday.