

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.

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 cholesteol 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.

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.



Pfc. Ricardo Branch

David Carr trains to compete for the Stewart Army 10-miler team by doing 800-meter sprints Monday at the quick track. Carr likes to run on his free time after work to get a longer workout than what is offered in the morning during PT.

Soldier trains for Army 10-Miler

Pfc. Ricardo Branch
Staff Writer

Feet hitting the pavement, ribs getting sore and cramps beginning to creep up the side of the body are just some of the things a runner like Pvt. David Carr, 3rd Infantry Division paralegal specialist, has to deal with.

Carr likes to run on

his free time to train for long runs like the Annual Army 10-Miler, but he is training not because he knows he can do it but to prove that he can.

"Some Soldiers can run a long distance like ten miles, I want to see if I can," Carr said.

Carr, a Littlerock, Ark. native ran often back in High School but not

lately until he joined the Army where it's slowly putting him back in shape.

"In High School, I ran track and did 400 meter sprints and four man relay runs," he said. "Now in the Army, I'm running often and far."

"You are constantly running, almost every other day to be combat ready," Carr said. "I am

almost in the shape I was back in high school."

Carr entered the Army Oct. 6, 2003 at Fort Jackson, S.C., to become a rifleman first. Then following basic, Carr began advanced individual training for the Staff Judge Advocate Jan. 2 to become a paralegal specialist, and has gradually improved his

fitness since then.

There are numerous ways anyone can get ready to run a long distance, but getting the body conditioned is the key to getting started, Carr said.

He said that Soldiers need to start running often after work to build their body beyond its

See MILER, Page 2B

Hurricanes storm area

Jennifer Wingfield
Managing Editor

There was a hurricane brewing in Hinesville Saturday. The announcer began by saying, "Our weather forecast calls for strong thunderstorms from the southeast. This storm is associated with gale force winds, lightning, and large hail! Be alert, ladies and gentlemen ... it's hurricane season! Welcome to the 2004 Hinesville Hurricanes football season!"

The Hurricanes beat the Tri-County Gamecocks 6-0 at their first game of the season but were defeated in Saturday's game against the Seaport Seminoles 31-0.

No matter the outcome of each game, the team triumphs with its enthusiasm and the dedication of their players. Formed in 1999 by Lamar Hall, the Hurricanes provides the area with a form of semi-professional full contact football and all its members have a love for the game, said Mary Jo Sharp, team mom, supporter, avid football fan and wife of coach James Sharp. She is so very proud of them all because they come in after their jobs. Sharp is Chief Financial Officer and Secretary for the team.

She also said that this exposes them to other football leagues, such as the Arena and National Football Leagues.

"We give people who still love the game a chance to play. Our fans here in Hinesville get involved," said Michael Jones, offensive coordinator also known as Coach Ice.

Jones said, "We have guys on the team who have played in various aspects of the game since completing high school. One of our players, number 91, Andre Gorrell, used to play for the San Diego Chargers. He was recruited from North Carolina's Wilson State College and played for two years with the Chargers."

He later joined the military and is now stationed with 1/39th Field Artillery at Fort Stewart.

"I play because I love the game. I have been playing football all my life," said Greg Roberson, safety, defensive back and wide receiver.

Other players on the team have played with such semi-pro teams as the Syracuse Vipers from New York and Division 1 teams in college.

"A lot of Soldiers play on the team," Jones said. "Seventy percent of the members are



Jennifer Wingfield

Coach Sharp discusses a play with the Hinesville Hurricanes.

brand new. There may be 12 guys on the team that are not in the military. But when their duty calls, we continue on. I will suit up if I have to, and there are other men in the community who will come out to keep the team going when the numbers get low. A lot of our people don't know about us and they just come out of the stands and want to sign-up."

Jamie Sharp, middle linebacker, works at the Liberty County Tag Office. He was a linebacker at Liberty High School in his senior year and

still holds an unbroken record at the school for most tackles. Now he is a middle linebacker for the Hurricanes.

There is a registration fee that members pay which will get them the pants. The rest of the uniform is usually supplied by sponsor donations, which they rely heavily upon. "Anyone can contribute whatever they want to the team," said Jones. "Their blessing to us is tax-deductible also." People and companies can sponsor teams at different

See STORM, Page 2B

Liberty All Stars finish 2nd place in competition

Jennifer Wingfield
Managing Editor

"Swimmers, take your position." So began the announcement for the 2004 Summer Championships held Saturday at the Liberty County Young Men's Christian Association Center.

Most of the swimmers of the Liberty All Stars YMCA competed against

over 100 other swimmers from Georgetown and the YMCA's of St. Simon's Island, Tybee Island, West Chatham, and Wilmington Island for the championship. When it was all said and done, the winners for the day were Wilmington Island in 1st place, Liberty All Stars in 2nd place, and Georgetown placing 3rd. Trophies, medals and

ribbons were awarded up to 8th place for all team members at the championship.

Jennifer Lein, summer coach for the Liberty All Stars, said that the kids had a really great time this summer. "They are awesome members and we had tons of fun," said Lein.

Genna Ibsen, aquatics director for the Liberty County YMCA added

that it had been a great summer. "There has been a vast improvement in all the swimmers. The parent volunteers were willing to do anything. I expect a strong winter team as most of the summer swimmers are coming back for the more competitive team during the winter."

This was Lein's final meet with the team, as

she will be leaving for Fort Lee, Va., in the coming days. Though this was her first team she coached, Lein has been swimming competitively since she was nine years old. She has been a swim instructor and lifeguard for 10 years.

About 80 percent of the team members of the Liberty All Stars were

See SWIM, Page 2B

STORM

from page 1B

levels.

The members on the team have a desire to play the game for sure, as they do not get any money for playing. Even for their away games, the team may travel in their own vehicles or rent a van, at their own expense.

The team ages range now from 18 to 36, said Jones. "The 36 year old can play just as good as the 18 year old, and so far there have not been any injuries."

"We play a total of 10 games for the season," said Jones. Like the Super Bowl, we have the East, West, North, and South. The top team out of each division will play for that game. "After the season is over, you play the team in your division and the team in the other

division, and then the top two teams will meet," said Jones.

In the all star game coming up in a few weeks, one or two players out of each division will go to Louisiana to spend the weekend and get a chance to play on the all star league. According to Jones, professional football scouts attend and watch these games and players may have a chance to go even farther than the semipro.

Hurricane practices are held behind the Bryan Village housing area off of Ga. Hwy. 48 on Tuesday and Thursday evenings from 6 p.m. to 8 p.m. and on Saturday mornings. All home games are played at Long Bell Stadium behind the Liberty County

Recreation Department on Hwy 84. Cost at each game is \$5. Children 12 years old and under get in free.

When it's all said and done, the primary goal of the Hinesville Hurricanes is to provide a positive role-model for youth of Liberty County.

If you are interested in joining the team, supporting the team, or just want more information, please call Coach Sharp at 369-7285, Coach Ice at 369-2478, or Coach Horton at 767-6384 or you can email: sharpj@coastalnow.com or hinesvillehurricanes@hotmail.com or visit the team website at www.hinevillehurricanes.freerivers.com.



Jennifer Wingfield

William Gibson adjusts his goggles after a first place finish Saturday for the Liberty All Stars.

SWIM

from page 1B

affiliated with the military by virtue of their parents being active duty, retired, or Department of the Army civilians.

Maj. Patrick Walsh, 3rd Battalion 69th Armor Regiment, S-3 had two children, Chelsea and Halle, on the team. He was also an assistant coach. "I do this to give back to the community. Sometimes right after practice, I would leave here and go right back to work until midnight," said Walsh.

Announcing several of the local meets at the YMCA was Maj. Robert Butts, 1/3 Brigade Troop Battalion, S-3. His children Andrew and Chris were members of the team.

One of the youngest members of the team was 6-year-old Claudia Kearn, daughter of Maj. Kevin Kearn, executive officer for 1/3 BTB. Kearn stated that his daughter was thrilled to be on the team. "One of her favorite persons is Michael Phelps, who is representing the United States in the 2004 Summer Olympics in Greece in a few weeks," said Kearn. "She has been swimming since she was about 3-years-old, but was exposed to the water as an infant. Her 2-year-old brother, Lukas, is her biggest fan." Her mother Sherrie and Lukas have been at every meet that Claudia has been involved.

The YMCA winter team begins in September. Fee is based upon YMCA membership and the number of days a week they practice. For more information, contact Genna Ibsen, 876-9622, at the Liberty County YMCA.

MILER

from page 1B

capability.

"You can get a good workout pushing yourself during PT in the morning," Carr said. "Distance is something not done regularly though, so you need to do longer runs and speed workouts to prepare your body."

Carr said he recommends getting on a treadmill and increasing the speed and distance gradually in the weeks leading up to a run like the Army 10-miler.

"I've heard running a long distance is a physical challenge, so I am trying to get the mileage and speed under my belt in order to be successful," he said.

Most people may ask someone who puts themselves through a trial of the body, "Why do something like 10-miles?"

Carr just looks at the person with candor and replies with a question, "Why not?"

Remembering something his track coach in high school once said, Carr imparted the words, "You never know if you can do something unless you give it a shot, so make a promise to run and be committed to it." "Running is something only you can do for yourself. The personal gain and gratification you give yourself when you do something thought impossible makes the

momentary muscle hurt worth it."

Carr began running the distance for the Army 10-miler after work with mile repeats Mondays and Wednesdays and leg workouts Tuesdays and Thursdays.

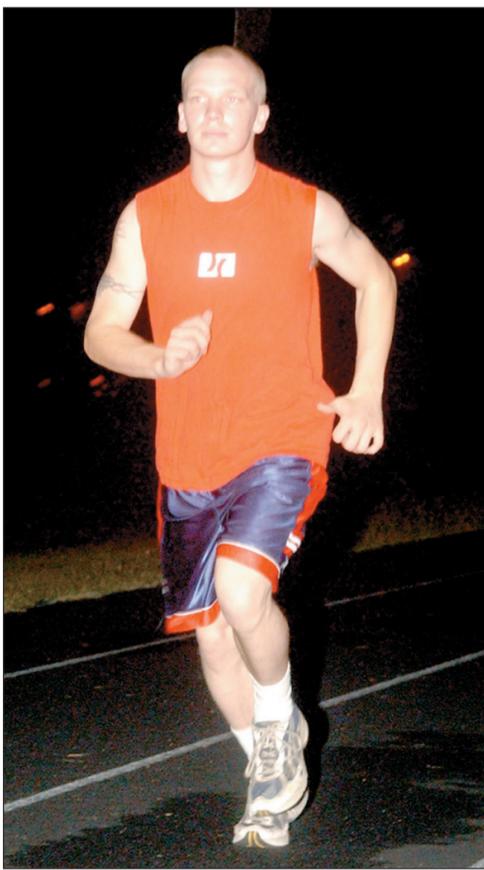
"You want to train hard when you commit yourself to something, so I run my hardest after work to get my blood flowing," he said.

Carr, since running, has also cut back on vices like fatty foods and recommends getting lot's of carbohydrates and potassium in meals to help get healthy foods in and get in better shape.

"Stay hydrated and get plenty of carbohydrates in your system," said Carr. "Carbs are a good source of energy, so eat a lot of them."

Carr said he hopes that by the time his workout regiment is complete and that if he doesn't place, he'll have taught himself something.

"You always hear growing up that you can do anything if you put your mind to it," he said. "If I train hard and cut out the things in my lifestyle that hinder success then maybe, just maybe I can succeed and running the distance (10 miles) won't seem that much of a challenge."



Pfc. Ricardo Branch

Carr finishes his workout with a 400 meter cool down run Monday at the quick track. Carr, along with other competitors run the track at night.