

SPORTS & FITNESS

B SECTION

On Post

Flag Football Tourney

The pre-season tournament double elimination game will be Aug. 23 to 26. Entry deadline is Thursday and entry fee is \$75 per team. Teams are limited to 15 players including the coach. The tournament is open to active duty personnel.

For more information, call 767-8238/8326.

Softball leagues

It's time to enter your teams in the co-ed fall softball league and the men's open league.

The entry deadline is Sept. 10, and the entry fee is \$200.

Teams are limited to 15 players including the coach. Leagues are open to both military and civilians.

For more information, call 767-8238/9795.

Soccer league

The 6-man fall soccer league sign up is from Aug. 23 to Sept. 23. Registration is at the Fort Stewart Sports Office, building 471 or at Hunter, building 925. Active duty, National Guard, and Reserves are eligible to sign up. For more information, call 767-8326/8238 or 352-6749.

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.

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, exercise prescription and nutritional counseling. For more information, call 767-2771.

Off Post

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 cholesterol 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.

Jekyll Island Golf

All Georgia military personnel can enjoy free greens fees at all four Jekyll Island golf courses now through Oct. 31. Cart fee is \$18, but not required. This special does not apply to tournament play. Tee times must be made in advance and can be booked online at www.jekyll-island.com or call 912-635-2368.

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.

I'm gonna pump you up...



Pic. Ricardo Branch

Working out on the "shoulder shrub" machine, Derrick Parker takes on 90 pounds at the Newman Fitness Center Tuesday.

Szarenski frustrated with 13th in Olympic air pistol

Tim Hipps

Army News Service

ATHENS — Sgt. 1st Class Daryl Szarenski finished in a four-way tie for 13th place in the men's 10-meter air pistol event Aug. 14 at Markopoulo Olympic Shooting Centre in the Athens Olympic Games.

Szarenski, a member of the

U.S. Army Marksmanship Unit at Fort Benning, Ga., came within three points of reaching the final round of eight competitors.

"It didn't really go wrong at all, I just didn't have a high enough score," said Szarenski, 36. "I finished and it was like, 'Well, it wasn't a smoker but nothing really went bad.'"

China's Yifu Wang won the

gold medal with a final Olympic record of 690 points. Russia's Mikhail Nestruev, who set an Olympic qualifying record with 591 points, won the silver medal with 689.8 points. Russian Vladimir Isakov took the bronze medal with a 684.3 total.

The other American entry, Jason Turner of Rochester, N.Y., shot a score of 571 to finish in a

tie for 36th place.

Szarenski shot well early in the match but he was off on just enough shots to finish with a qualifying score of 579 points. The cutoff for the final round was 582.

"I shot pretty much like I always do," he said. "There was

See SZARENSKI, Page 2B

Johnson lands 14th in Olympic competition

Tim Hipps

Army News Service

ATHENS — Spc. Hattie Johnson opened and closed her Olympic 10-meter air rifle competition with a bang Aug. 14, but she failed to reach the final of the first medal event in the Athens games.

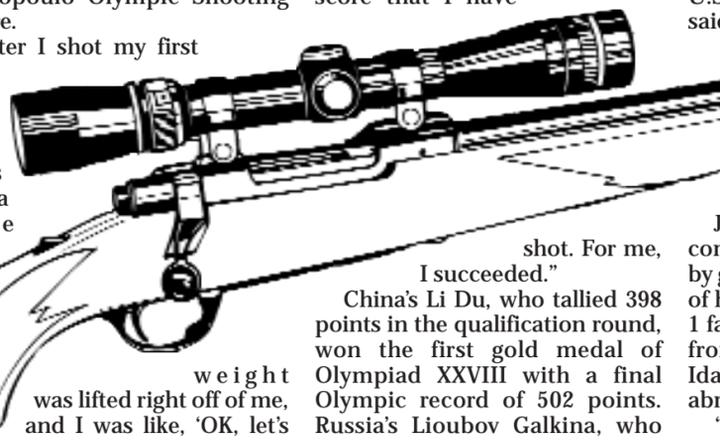
"My hardest shots were my first shot and my last shot," said Johnson, who finished in a five-way tie for 14th among 44 competitors. "My hand was shaking and I put the gun up and down a few times, but I thought to myself: 'This isn't going to happen to me because I'm nervous. I'm going to hold it all together and I'm going to shoot a 10.'"

Johnson did just that on her first and final of 40 shots and

scored 394 of 400 possible points in the qualification round at Markopoulo Olympic Shooting Centre.

"After I shot my first

shot, it was like a huge



weight was lifted right off of me, and I was like, 'OK, let's shoot.'" Johnson said.

"Of course I would've loved to make the final, but overall I had a

very good performance for me. This is the highest international score that I have

shot. For me, I succeeded."

China's Li Du, who tallied 398 points in the qualification round, won the first gold medal of Olympiad XXVIII with a final Olympic record of 502 points. Russia's Lioubov Galkina, who shot an Olympic record 399 in qualifications, won the silver medal with 501.5 points. Czech Republic's Katerina Kurkova took

the bronze.

Johnson, 22, a medic with the U.S. Army Marksmanship Unit, said she left all she had on the range.

"When I finished shooting I was exhausted," she said. "Every body part felt like it was sore and hurt. I had a great performance for myself mentally and physically."

Johnson was a beneficiary of competing in the opening event by getting to spend the remainder of her stay in Greece with her No. 1 fan, father Jeff Ponti, who came from her hometown, Athol, Idaho, to watch her compete abroad for the first time.

"You have no idea how proud I am. It's just incredible," Ponti said. "How she finished is irrelevant to me. Just her getting here is absolutely unbelievable."

Slow start dooms Callahan's day on Olympic air pistol range

Tim Hipps

Army News Service

ATHENS — Staff Sgt. Elizabeth "Libby" Callahan shot a dreadful opening series Sunday and finished tied for 30th in women's 10-meter air pistol shooting in the Olympic Games at Markopoulo Olympic Shooting Centre.

Callahan scored 89 of 100 possible points on her first 10 shots, one of only five sub-90-point series shot by 41 competitors in the qualification round. She rebounded with series of 98, 95 and 92, but the damage was done.

"I started off really bad, just couldn't get settled," said Callahan, a member of the U.S. Army World Class Athlete Program. "I was probably a little bit more nervous than usual. I just couldn't get into that groove where I need-

ed to be."

Ukraine's Olena Kostevych won the gold medal in a shoot-off against Jasna Sekaric of Serbia and Montenegro. They were deadlocked with 483.3 points in the final before Kostevych prevailed with a 10.2 to silver medalist Sekaric's 9.4 in their tiebreaker.

Bulgaria's Maria Grozdeva won the bronze medal in another tiebreaker. She prevailed 10.4 to 9.7 over Russia's Natalia Paderina after completing the final tied with 482.3 points.

Three-time Olympian Callahan, selected by her peers as captain of the United States shooting team here, finished with 374 points in the qualification round and did not advance to the final. She shot well midway through the match but closed with several 8s that solidified her dismal morning.

"I'm just not pleased at all with my perform-

ance," she said.

Callahan, a retired Washington metropolitan police officer, will compete Aug. 18 in women's 25-meter sport pistol, the stronger of her two events.

As team captain, Callahan, 52, of Upper Marlboro, Md., had the honor of marching in the front row of Team USA's athletes during the Opening Ceremony at Olympic Stadium Aug. 13.

"It's a very proud moment for the U.S. to march in as a team like we did," she said. "We got a very warm reception from the fans in the stadium. You just get goose bumps going in. There's a lot of electricity in the air. To me, it's ... something I will never forget."

Callahan, the oldest member of Team USA in Olympiad XXVIII, also competed in the 1992 Barcelona Games and 1996 Atlanta Games.

SZARENSKI

from page 1B

some nervousness at the beginning, but nothing more than any other match. These are the same guys we shoot against in the World Cups and World Championships. It's not like I tried harder here than I would at a World Cup, it was just kind of a medium day and you needed a good day.

"If a couple 9.9s would've been 10.0s, look at how many points I would've picked up. To get into the medal round was well within reach. It just takes a little bit of luck sometimes and it wasn't here today."

"I'm probably going to kick myself

around today a little bit and get back into it tomorrow at nine o'clock and start working," he said. "There's not any big thing I have to do. I really don't know anything that I can change because it was right there."

Szarenski finished 25th in 50-meter free pistol in the 2000 Sydney Games. He feels fortunate to have another shot in Greece.

"I'll just see if I can get my game a little bit better," he said. "I've still got another day so it's not over yet. My only desire is to win a medal. That's the only reason I came here. I have plenty of time to regroup; I'll be all right."

HEAT Injuries

PREVENTION

Monitor fluid intake: No more than 12 quarts a day or 1 1/2 quarts an hour. Avoid caffeinated or high-sugar content drinks.

Diet: Eat regular meals, avoid dietary supplements such as weight loss pills and over-the-counter drugs that may lead to dehydration.

Exposure Limits: Leaders must plan and execute a work rest plan. Use available shade and take frequent short breaks.

RECOGNITION

- Dizziness, fatigue, weakness and headaches
- Pale and clammy skin or hot/dry and flushed skin
- Fast and shallow breathing and/or rapid pulse
- Muscle cramps, nausea, vomiting, and urge to defecate
- Confusion or loss of consciousness

ACTIONS

At the first sign of heat exhaustion: Move Soldier to shade, take off outer layers of clothing and equipment, wet inner garments, have Soldier drink small amounts of cool water, seek medical assistance.

At the first sign of heat stroke: (If conscious) Move to shade, loosen belt/boots, elevate feet, cool body and head areas. Call for medical evacuation and start and IV.

Newman Physical Fitness Center Aerobic Schedule

Mondays

Latino Rhythm with Carmen (weights and tubing) 7:30 to 8:30 a.m.

Busy Feet Workout with Irma (cross training) 9 to 10 a.m.
4:30 to 5:30 p.m.

Tuesdays

Butts and Guts with Carmen (weights and bars) 7:30 to 8:30 a.m.

Basic Training Workout with Irma (steps, body bars, weights, abdominal work, etc.) 9 to 10 a.m.

Cardio-Stepping 4:30 to 5:30 p.m.

Wednesdays

Caliente with Carmen (kick-boxing) 7:30 to 8:30 a.m.

Cardio Kick-boxing with Irma 9 to 10 a.m.

Step-Kicking with Irma (cardio kick-boxing/steps) 4:30 to 5:30 p.m.

Thursdays

Basic Training Workout with Irma (Tubes, body bars, hoola-hoops, exercise balls) 9 to 10 a.m.
4:30 to 5:30 p.m.

Fridays

"Master C" Workout with Carmen (Buns & thighs workout/cardio kicking) 7:30 to 8:30 a.m.

Killer Friday with Irma (kicking, stepping, hooping and weights, etc.) 9 to 10 a.m.
4:30 to 5:30 p.m.

Saturdays

Pick Your Poison with Asha 9 to 10 a.m.

