



## Making their Mark

### 3ID spouses train for Army 10-Miler

Catherine Caruso  
Frontline Staff

A journey of a thousand miles begins with a single step.

But the race to the finish line at the Army's 10-Miler begins long before runners even reach the starting line.

For more than three months, a team of military spouses from Fort Stewart and Hunter Army Airfield have been training to compete in the Army's premier annual road race.

Diane Wood's longest race was a one-mile "fun run" with her children before she signed up to train for the race.

Stacey Johnson ran competitively in high school, in college and continued after college. But then, she "got out of running for a while," she said.

A little less than a year ago, she decided to get back in shape, and kicked off the attempt with a short jog with her husband.

"Once around the block, which is, like, eight tenths of a mile. And that was hard!" she said.

The 3rd Inf. Div. Army Spouse 10-Miler team has trained through sweltering heat, merciless humidity, school-age summer vacations and the pressure of meeting all of their normal household obligations. And they did it all in tandem with significant others in another time zone.

"We started basically getting the word out in early May and I'd say, most of us started training in June and July," Jacqui Coffman, one of two women who helped organize the team, said.

"Those months have been really tough, getting the mileage in." But now, it's crunch time.

In just a few short weeks, the spouses will line up at the starting line to represent the 3rd Inf. Div. in the Army 10-Miler.

Woods, who has been training with two-mile runs on a treadmill since May, described how she feels about the 10-Mile mark looming ever larger in the distance.

"(I am) scared. The goal is maybe run 5 miles, and then walk — fast walk, and then run maybe three," she said.

"April is gone, so I am in the 'I have to run every day now' mode. August is here. October is just around the corner," she said.

The 10-Miler team is made up of almost forty spouses.

"It is an exciting year to do it," Coffman said. She's run the race before, with a small group from Fort Leavenworth. But this year will be different.

"Our Soldiers can't be there and participate in their own race, and so we are in essence showing our colors, the 3ID colors in Washington and saying 'our Soldiers can't be here to compete, but we are here in place of them, and in honor of them,'" she said.

The group is well past the halfway mark on their road to the starting line in Washington D.C.

On a recent Saturday, the runners eased into a training run that left many breathless, but exhilarated.

Woods said her goal was to run five miles before breaking to walk on race day, but ran the six and a half-mile loop with little difficulty.

"I was with my friend, and she's a talker so it kept me running. It's easier to run with a group of people than by myself," she said.

None of the participants have their sights set on winning the race. Instead, they said the training is a no-lose proposition.

Johnson said she's lost weight, and feels healthier than she has in years.

Wood said she is looking forward to a weekend away with friends, and that her children are benefiting by seeing their mom set and work to achieve a difficult goal.

Even Coffman said her prime motivation for running isn't really her husband, although she is excited she'll be able to represent him before a national audience.

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Photos by Catherine Caruso

(Above) Jacqui Coffman and Stacey Johnson cool down after a six-and-a-half mile run. The women are two of almost 40 women at Fort Stewart and Hunter Army Airfield training to run in this year's Army 10-Miler.

Coffman organized the team after learning the installation will not field a team while the 3rd Infantry Division is deployed to Iraq.

She said she got the idea for an all-Army spouse team after running the race with a group of friends from Fort Leavenworth several years ago.

An all-spouse team from Fort Hood represented the 4th Infantry Division in the Army 10-Miler last year.



(Above, and at right) Fort Stewart military spouses stretch after a group run. Due to the 3rd Infantry Division's deployment to Iraq, the installation is not fielding a team this year, so a group of nearly 40 Army spouses will travel to Washington D.C. to represent the division in the race. The Army 10-Miler is Oct. 2.



Photos by Lewis Levine

Boaters soak in the scenery along the Forrest River. Lotts Island at Hunter Army Airfield offers outdoor opportunities for military and civilians, just minutes from the heart of Savannah.

## Lotts Island has lots for outdoors lovers

Lewis Levine  
MWR Public Affairs

Tucked away on the Forrest River sits one of this area's best kept military secrets.

Lotts Island is a secluded piece of real estate on Hunter Army Airfield.

It is also the gateway to some of the best fishing this area has to offer and just a short drive from Fort Stewart and surrounding areas.

If getting out of the city, without really leaving, sounds like something you'd like to do, Lott's Island just might be the getaway for you.

The island is accessible through the Rio Road gate behind the Savannah Mall. It is a picnic area with six covered shelters, complete with tables and grills.

The area is also equipped with a playground, basketball court, sand volleyball courts and a horseshoe pit.

The area can be rented out for unit parties or large group functions.

If you're looking to extend your fun, you can set up camp at one of 20 rustic campsites. There is no electricity at the sites, but water is included. The campsites also have picnic tables and grills.

Lotts Island has a 60-person capacity pier, which allows sportsmen access to the Forrest River and it's cache of crabs, shrimp and fish. A state fishing license is required.

If spending a few nights on your boat is something you enjoy, there is a recently renovated dock with slips available daily.

For deepwater fishing enthusiasts, there is also a boat ramp and a hoist is available during opening hours.

The island has a small tackle shop available to handle your outdoor needs.

Even if you're not into boating, fishing or crabbing, the serene island setting is a good place to spend a quiet day away from the hustle and bustle of the city, without leaving the city.

Large live oak trees provide enough shade to let you relax while you read your favorite book or listen to the radio for a getaway as long as your annual vacation, or as short as a lunch hour.

**Hours of operation:**  
Monday, Thursday and Friday, 10:30 a.m. - 6 p.m.  
Saturday and Sunday, 10:30 a.m. - 6 p.m.  
Closed Tuesday and Wednesday.

Lotts Island is open to all military I.D. card holders and residents of the city of Savannah. Call 352 - 5974 for information (after Sept. 9th, call 315-5974).



Outdoor pavilions offer protection from the elements for campers and picnickers. Lotts Island can be reserved for unit and private functions.

### 10-Miler

"I'm doing this for me. I like to keep in shape and it's a way I can release stress," she said. But he will benefit from her efforts, which helps, she said.

The extra attention is a motivator. AUSA has donated tickets to a pre-race pasta dinner, and will help defray their travel expenses. AAFES has donated the T-shirts they will wear, emblazoned with a team logo. Press coverage of their efforts so far and more expected on race day has made the runners a lit-

tle jittery, but also makes them train that much harder, Coffman said.

She said completing the race will be a personal victory for many, as well as a salute to a loved one.

"With as many spouses as we have, to see them, together, at the finish, will be an impressive sight," she said.

"(And) to see the accomplishment in a lot of folks' eyes as they cross that finish line is going to be a really neat feeling."

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Courtesy photo

The Rockets return, victorious, from New Orleans — host city for this year's AAU Junior Olympics. The track and field team took medals in eight events.

## Stewart 'Rockets' shine in Jr. Olympiad

### Frontline Staff

Fort Stewart Rockets Track Club shone at the AAU Junior Olympics competition held this month in New Orleans.

The Rockets blasted into the Big Easy with a record 49 participants, returning returned with eight medals, including a second-place showing by Jeremiah Gilbert, in the shotput event and third place finish by Marsalis Jackson in the long jump.

"Our youth worked really hard and it showed," Evelyn Alston, Fitness/Nutrition Coordinator, said. "They held their ground with over 20,000 other youths from around the USA."

For many, this was not their first time making the trip.

Shaquille Russell, 14, has attended the national event every year since joining the team at age seven.

Russell took home a fourth place medal in the discus event.

It was also the last trip as an athlete for teammate Gerald Cannida.

Next year, he will return to the Rockets as a track & field coach.

Other medalists include — Quintunya Chapman, fourth place in the 400 meter dash.

Asyria Daniels, fourth place, long jump; Jamaal Gilbert, fourth place, javelin throw; James Adams, sixth place, 800 meter run and Joshua Jones, eighth place, 400 meter dash.

The Rockets Booster club thanks the Directorate of Morale, Welfare and Recreation (DMWR), the Fort Stewart community, the Coastal Courier and Frontline newspapers, the Officers' Wives' Club, Al Sharra Shrine Study Club, Omar Temple 21, EC Williams Commandress Knights Temple, XL Neal 118 Holy Royal Mason Lodge, and Hour Glass Lodge 113.

The following youths participated and are now listed in the 2005 AAU National Jr. Olympic Directory as among the best in the nation.

These youths are listed according to their rankings among all other children in the United States of America.

The club is proud to acknowledge these hard working youths —

James Adams, 800m, sixth place. Also, 1500m, 11th place. Frank Agosto, shotput, 28th. T'era Alston, discus throw, 14th. Terrence Alston II, 4 x 800m relay, 22nd. Crishanda Antoine, 100m dash, ninth. Kyuntae Antoine, javelin throw, 23rd.

Malachi Bell, 800m relay, 22nd. Courtney Bennett, shotput, 13th. Jovan Bennett, javelin throw, 26th. Lorenzo Bennett, discus throw, 17th. shotput, 21st; javelin throw, 25th. Trier Bennett, discus throw, 26th; javelin throw, 18th. Monture Campbell, 4 x 800m relay, 22nd. Quintunya Chapman, discus, 17th; shotput, seventh; javelin throw, 14th. Annequa Clarks, 4 x 400m, 37th. Asyria Daniels, long jump, 4th. Danielle Garcia, 1500m run, 32nd. Jamaal Gilbert, shotput, fourth place; Jeremiah Gilbert, shotput, second. Christopher Guilfo Jr., 1500m run, 20th; 4 x 100m relay, 15th. Treshawn Hagood, long jump, 32nd. 4 x 100m relay, 31st. Patrick Height, long jump, 18th. Jamorris Hill, 4 x 100m, 15th. Anthony Holsendolph, high jump, 11th. Kwajelin Holsendolph, 4 x 400m relay, 37th; 400m, 25th.

Camille Jackson, 1500m relay, 12th; 4 x 400m relay, 37th. Marsalis Jackson, long jump, third, 4 x 100m relay, 31st. Jalen Jones, 800m, 16th; 4 x 100m relay, 31st. Joshua Jones, 400m run, eighth. Joseph Kelly, 100m dash, 9th; 200m dash, 10th place, 4 x 100m relay, 15th. Chandler Knight, 800m run, 45th. Cornelius King, long jump, 14th; 4 x 100m relay, 31st; Willie King, 400m dash, 32nd; long jump, 15th. Javawn Leach, 4 x 100m relay, 15th. Reginald Neal, 4 x 400m relay. Michael Rodriguez, 4 x 400m relay. Shaquille Russell, high jump, 11th; shotput, ninth; discus, fourth. Takayas Russell, discus, 28th; shotput, 14th; javelin, 25th. Davena Smith, 800m relay, 33rd. Ajea Starr, long jump, 32nd. Indya Starr, 4 x 400m relay, 37th. Demetrius Stinson, 4 x 800m relay, 22nd. Lakeshia Stinson, 400m hurdles, 28th. Darryl Stoves, high jump, 33rd. Shavon Stoves, high jump, 23rd. Jordan Waters, 4 x 400m. Knilah Waters, shotput, 18th. Christian Wright, shotput, 30th.

# FRG University Schedule

SEPTEMBER - OCTOBER 2005

ACADEMICS		REGISTRATION INFO	
Foreign Affairs Book Club	1st Saturday of month	<b>All courses are subject to minimum enrollment and may change without notice.</b>	
Brown Bag with JAG	Every Thursday, 11:45 a.m. - 12:45 p.m.	<b>ACS</b>	<b>Army Community Service</b>
English as a Second Lang.	New — Th., 11 a.m.	JAG	<b>767-5058</b>
	Basic — MW 9:15 - 11:30 a.m.	ED	<b>AFTB</b>
	Inter./Adv. — T/Th., 9 a.m. - 11 a.m.		<b>Army Family Team Building</b>
	TBD		<b>767-2382</b>
GED Preparation	M/W/F 10:30 a.m. - 1 p.m., T 9 - 11:30 a.m.	ED	<b>CLUB</b>
College Tutoring	Variety of subjects	STC	<b>Club Stewart</b>
			<b>368-2212</b>
<b>FAMILY LIFE AND FINANCES</b>			<b>ED</b>
Couples Communication	Wednesdays, Sept. 7 - 28, 1:30 - 3:30 p.m.	ACS	<b>Education Center</b>
Effectiveness Training Mondays,	Sept. 12 - 17 Oct., 9 a.m.-12 p.m.	ACS	<b>767-8331</b>
Checkbook Mgmt Workshop	Sept. 16, 10 a.m. - 12 p.m.	ACS	<b>FAM</b>
Finances for First-Termers	Every Wednesday, 9 a.m. - 4 p.m.	ACS	<b>Family Life Chaplain</b>
Budget 101	Available on individualized basis	ACS	<b>767-7028</b>
Parenting your 0-5 yr old	Thursdays for four weeks, beginning Sept. 1, 9 - 11:30am	SWS	<b>GOLF</b>
Stress & Anger Mgmt	Sept. 8, 22, 1:30-4:30 p.m.	ACS	<b>Taylors Creek Golf Course</b>
			<b>767-2370</b>
<b>HEALTH</b>			<b>JAG</b>
Ladies Weight Loss Classes	Aug. 29; Sept., 26; Oct. 3, 24; 9-10:30am (two days)	NCD	<b>Judge Advocate General</b>
Diabetic Education Class	Sept. 20, 27; Oct. 18, 25; 8:30 a.m. - 3 p.m. (two days)	NCD	<b>767-8809</b>
Ready to Quit (Smoking)	Sept 7, 21; 11 a.m.	PM	<b>LAC</b>
Baby Basic Training (Fathers)	Sept. 7, 1 - 4 p.m.	SWS	<b>Leisure Activities Center</b>
Dealing with Adult Asthma	Sept. 13, 1 - 2 p.m.	IM	<b>767-8609</b>
			<b>NCD</b>
<b>HOBBIES AND SELF IMPROVEMENT</b>			<b>Nutrition Care Div</b>
Shadow Boxes	Sept. 8, 3 - 6 p.m.	LAC	<b>435-6707</b>
Apple Harvest Cooking Class	Sept. 15, 6 - 9 p.m.	CLUB	<b>PM</b>
Know Your Resources	Sept. 20, 1:30 - 3:30 p.m.	ACS	<b>Preventative Medicine</b>
Resume Workshop	Sept. 23, 9:30 - 11:30 a.m.	ACS	<b>435-5071</b>
Textile Magic	Oct. 13, 3 - 6 p.m.	LAC	<b>RC</b>
Fall Festival Cooking Class	Oct. 27, 6 - 9 p.m.	CLUB	<b>Red Cross</b>
Matting and Framing	Sept. 3, 8 a.m. - 4 p.m.	LAC	<b>767-2197</b>
Ballroom Dancing	Sept. 7, 7 - 9 p.m.	CLUB	<b>STC</b>
			<b>Savannah Technical College</b>
<b>LEADERSHIP</b>			<b>767-5336</b>
FRG Leaders Training	Sept., 7, Oct.12; 9:30 - 11:30 a.m.	ACS	<b>SWS</b>
AFTB Level 2	Sept., 27 - 30, 8:30 a.m. - 2:30 p.m.	AFTB	<b>Social Work Svcs</b>
			<b>435-6779</b>
<b>SPORTS</b>			
Taylor Creek Golf Clinic	Every Saturday, 10 a.m. - 12 p.m.	GOLF	
Self Defense	Every Monday, 7:30 - 8:30 p.m.	CLUB	