

Fitness & Sports

Sports line

Major league soccer comes to CAFB

Women's softball: Sign-up for Charleston AFB women's softball league will be extended until today. All interested players are urged to continue signing up at the Fitness and Sports Center. Eligible participants are active duty, reservists, Defense Department and Non-Appropriated Fund employees, and spouses assigned to Charleston AFB. Additionally, coaches can also apply. There is no entry fee charged. Games will be played once or twice a week beginning at 6 p.m. For more information, call 963-4321.

Bowling center: Starlifter Lanes Bowling Center will reopen Monday with a ribbon cutting ceremony and grand opening celebration beginning at 8:45 a.m., followed by a day of free Cosmic Bowling. There will be a three-game limit if others are waiting.

Free breakfast snacks, beverages and giveaways will be included. Enter to win free bowling balls, bags, shoes, lunches, free bowling parties and cosmic bowling. You must register during the event, but need not be present to win. The first 50 people at the event will also receive a free bowling towel. Of course, every customer will receive an ATWIND game piece as well.

Vary Stance to reduce knee strain

Reducing stress and strain on the knees is a good idea, even for those with no history of knee problems.

One study examined how varying foot placement affects the compressive forces in the legs and tensile forces in the knee ligaments. Wide-stance squats and leg presses were shown to decrease posterior ligament stress, while a narrow stance significantly increased it, as did placing feet low on the leg-press plate. The angle of the foot (turned out or toes pointed straight ahead) did not significantly affect knee forces. It is particularly interesting to note that neither exercise, regardless of variation, produced tension in the anterior ligament, the site most commonly associated with knee problems. (Source: *Medicine & Science in Sports & Exercise, Supplement*)

By Staff Sgt. Michael Duhe
437 AW Public Affairs

Fifty Charleston AFB youngsters are taking part in a Major League Soccer camp on base that wraps up today.

The camp is being taught by four soccer players from England - Marc Greene, Tom Smith, Tony Sutton and Dale Cooper - each certified to coach through the European Union Football Association. Known as Major League Soccer Camp, the event kicked off Monday morning.

In true English soccer fashion, the field behind the Youth Center was soaked from rain as the camp opened under threatening skies. However, the enthusiasm of instructors and children alike could not be dampened. They met briefly in the Youth Center for roll call, and the campers were divided into four age groups. The children were eager to take to the field.

"I like soccer," said 10-year-old Kevin Harris. "I've been playing since I was four. I hope I can improve."

After trudging out to the soggy field, MLS Campers gathered around their instructors and camp kicked off. Younger players learned about the basics of soccer through games such as "Farmers and Foxes," a game of chase played while each participant kicks a soccer ball. Older players learned more challenging skills and tactics for competitive play.

"It was hot, but I had fun," said 10-year-old Samantha



Staff Sgt. Michael Duhe

Meredith Gallion (right), and other members of instructor Dale Cooper's group play "Farmers and Foxes." Cooper is shown at far left.

"Sammy" Walden. "I liked the last game we played, a scrimmage. I've never played soccer before, so it's fun."

MLS Camp was also held at Dover, MacDill, McChord, McConnell, McGuire, Pope and Travis Air Force bases. According to Youth Sports director Don McArthur, instructor Marc Greene said they were particularly impressed with how well Charleston was organized and the warm welcome they received.

"Charleston has an awesome program," Greene said. "I thought the first day went great, in all honesty. I've had

positive feedback from Don (McArthur) and good feedback from the kids."

On Tuesday, a steady downpour posed a potential problem, but MLC Camp pressed on. "It's control, not chaos," McArthur remarked with a smile. The younger groups were brought to the Fitness and Sports Center for the day, while older campers and their instructors braved it out on the saturated field behind the Youth Center.

MLS Camp included other special events, such as "crazy hair day" and "draw a picture of your coach day." In addition

to the skills learned at the camp, each child received an MLS Camp t-shirt and a soccer ball that was his or hers to keep after the camp.

MLS Camp is one of several special activities held on base through the Bosnia Funds Specialty Camp. Past camps included flag football, archery and arts and crafts. A computer camp is scheduled for some time next year.

To find out more about MLS Camps programs, follow the instructions at the bottom of the web page: <http://www.mls camps.com/programs.php3>

Web site aids Air Force Marathon with registration

By Brett Turner
Aeronautical Systems Center Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — Air Force Marathon organizers have taken yet another stride toward accommodating runners for the Sept. 16 event here by bringing registration online. Online registration is reducing signing up to a few strokes on the keyboard.

Marathon Director Tom Fisher said the move was easy considering the times we live in.

"It's the wave of the future, so we went with it," he said. "As with most things in this world, everything is being done by computers, and so many customers in the racing world are using computers to gain access to general information and the convenience of online registration."

The marathon office went to an online contractor, which is handling the registration. Interested people should visit the official Air Force Marathon Web page. They can gain access to the online registration from there.

Registrants must first read and accept a waiver and disclaimer statement, then have the option of registering from there. People supply the basic information and finish the

The AF Marathon web site can be accessed at:

<http://afmarathon.wpafb.af.mil/>

The entry deadline is Aug. 31. For more information, visit the Web site or call (800) 467-1823.

process by paying with a credit card.

The advantage is, after submitting the application, an instantaneous response comes back if the credit card is accepted, Fisher said. This cuts out having to go to a mailbox to send it and wait for confirmation.

Online registration does require a 5 percent additional fee of the total cost, payable to the provider. With more than 100 responses in the first month, which is close to 10 percent of the total runners registered for the marathon, Fisher said the decision was a wise one and should only grow in the future.

"At other races we've gone to, the majority of runners have been happy with on-line registration," he said. "The one thing they don't like is if the system requires a multitude of steps to get the process done. This layout does not."