

# Fitness & Sports

## Sports line

### Intramural standings

#### Softball

1. 437 AGS 1
2. APS
3. CS/SVS
4. CES
5. Navy Hospital
6. MXS 1
7. 373 TRS/LSS
8. SFS
9. SUP 1
10. Flyers
11. Med Group
12. 1 CTCS
13. SUP 2
14. OSS
15. 437 AW
16. MXS 2
17. LGT
18. 437 AGS 2

#### Soccer

1. Flyers
2. CES
3. 437 AGS
4. Med Grp/SUP
5. SFS
6. APS
7. CS
8. EMS

**HAWC news:** The Health and Wellness Center cardio room is closed for remodeling. Also, no cycle ergometry tests will be conducted now through June 5.

**Speedway special:** Saturday is Armed Forces Night at the Summerville Speedway. Active duty military get in free with ID. Retirees get in at half price. Call 873-3438 or 871-8331.

**Bowling tourney:** Sign up now for the Armed Forces Week Bowling Tournament at Marrington Lanes, scheduled for Wednesday at 6:30 p.m. To sign up, call Greg Snyder at 764-7235.

**Charleston Battery:** Saturday is Military Night as the Charleston Battery takes on the Raleigh Express at the Battery's new Blackbaud Stadium. The game begins at 7:30 p.m.

For tickets, call 963-5271.

**Riverdogs tickets:** Wednesday is Armed Forces Night at the Charleston Riverdogs game. Military ID card holders and their families get in free. Also, vouchers are available at the Outdoor Rec Center. Come out at 6 p.m. to see the Interservice Home Run Derby contest. The game starts at 7 p.m. Call the ORC at 963-5271 for details.

## Low-fat isn't always better

Women who follow a low-fat diet may not be getting as many essential nutrients as they should, according to a U.S. Department of Agriculture study.

More than half the women who reduced their fat intake to less than 30 percent of total calories were short changing themselves on vitamins A and E, calcium, folic acid, iron and zinc. This, in turn, places them at greater risk for osteoporosis, pregnancy-related problems and, perhaps, cancer.

While a low-fat diet is recommended for the prevention of obesity, breast cancer, diabetes and heart disease, following a low-fat diet at the expense of nutrients is not a wise choice. Women and men should follow a diet that is varied and balanced, low in fat and high in essential nutrients. For some, supplementation may be in order. For others, simply choosing high-nutrient foods over high-sugar, low-fat foods can make a positive difference in overall health. *(Federation of American Societies for Experimental Biology.)*



photos by Staff Sgt. Michael Duhe



### Getting their kicks

Intramural soccer is now in full swing on base. Above, Christian Romanchek (middle) of 437 AGS drives the ball downfield as Todd Sherman of 437 SFS (right) pursues. At left, Bob Waterman of 437 AGS eyes the goal with Mike Gosselin of 437 SFS closing in. The Security Forces team won, 3-2.

## Fourth annual Air Force Marathon is Sept. 16

by Jo Anne Rumble  
Aeronautical Systems  
Center Public Affairs

### WRIGHT-PATTERSON AIR FORCE BASE, Ohio

Wright-Patterson will host the fourth U.S. Air Force Marathon Sept. 16. Thousands of athletes are toning up for this annual event, which pits runners from all walks of life against one of the toughest and most scenic courses in the country.

More than 2,800 participated in last year's test of endurance, racing against military and civilian runners from all four military services. Tony Meyers, a 35-year-old sergeant major in the Belgian air force, won.

Runners from Charleston AFB have participated in the event for the past several years. Anyone interested in representing the base at the marathon should call Steve Parrish at 963-3348.

Run on a U.S. Track and Field certified course, the Air Force Marathon takes participants past sites tied to historic military aviation feats, as well as static displays of various aircraft currently in the Air Force inventory. Run-



Photo by Larry Davenport

Some of the more than 2,800 runners entered in the 1999 Air Force Marathon run past a KC-10 Extender at the race's 10-mile point.

ners are also treated to water and aid stations along the course, and snack stations at the end of the course.

As in the past, runners will be competing in several categories, including individual and wheelchair, marathon team, and Ekiden-style relay team categories.

Runners receive Air Force medallions, T-shirts and patches. The entry fee for individual and wheelchair participants is \$35 if postmarked before July 1 or \$45 if postmarked between July 1 and Aug. 31. Marathon team fees are \$175 before July 1 or \$225 between July

1 and Aug. 31. Relay team fees are \$120 before July 1 or \$160 between July 1 and Aug. 31.

For more information or to register for the marathon, visit the marathon Web site or call the marathon office at (937)257-4350 or 1-800-467-1823. **(AFP)**