

Fitness & Sports

Sports line

Air Expo 5K opens flightline to runners

Funrun: A Captain's Challenge Run/Walk/Fun Run will be held Oct. 14 at the SPAWARSYSCEN located at the Naval Weapons Station Annex (Remount Road and Virginia Avenue). Registration is available by mail and on race day from 7:30 - 8:30 a.m. The walk will begin at 9 a.m. and the run starts at 10 a.m.



The event is open to all military, their family members, DoD civilians (including contractors) and cadets who are authorized to enter the Naval Weapons Station Annex.

Entry fees are:
Individual: \$18
Team: \$72
Kids Mile Fun Run: \$12
 For more information, call the challenge organizer Lisa Potts at 218-5053.

HAWC News: Do you know your numbers? You can still sign up at the HAWC Monday - Thursday for a cholesterol screening on Friday. For more information on these programs, call the HAWC at 963-4007.

By 2nd Lt. Celeste Rodriguez
 437 CS

On a blustery Saturday morning, Sept. 30, Nosedock 1 opened its doors for a unique mission that allowed more than 300 runners and volunteers to share the runway with Charleston AFB's C-17 aircraft. The 4th Annual Air Expo 5K officially opened the festivities for Air Expo 2000, Oct. 14, as 277 runners and walkers circled the flightline in what race officials claim is one of the fastest courses in Charleston.

Daniel Clapper was among a large group of participants from the Charleston Running Club, one of the race's main sponsors, and he has loyally run the Air Expo 5K each year.

"It's one of my favorite fall runs because it's unique," Clapper said. "Where else can you run on the runway right next to the planes?"

The opportunity to race on the flightline also appealed to many newcomers and attracted a large group of local runners who had never set foot on the base. In her first visit to CAFB, Jana Campbell, a local

runner in training for the Walt Disney World Marathon, was excited to see that the official starter of the race was 437th Airlift Wing Commander Col. Rusty Findley.

"This started out differently," Campbell said. "Most races just say, 'On your mark, get set, go', but they really wished us a good race beforehand. That impressed me."

The planning and organization of the race entailed tremendous coordination among several base organizations. Race director Steve Parrish and project officer Capt. Wendy Klein led a group of more than 50 volunteers both from CAFB and the Charleston Running Club to do everything from advertising the race throughout Charleston to recording race times and places. The Services Squadron and Health and Wellness Center personnel played integral parts of the efforts, as advertising and scheduling started in early June.

"In order to put 300 people on a ramp in one of the busiest bases in the Air Force is a profound thing and it was a total team effort," Parrish said. "Everyone who was part of this program helped make

Charleston a world-class base."

As 74 award winners were announced in overall, masters, and team competition, as well as in 11 age categories, many runners donned their sweatsuits and huddled together on the nosedock's bleachers in eager anticipation. However, Nancy Borrett, a breast cancer survivor from Hollywood, S.C. did not seem to mind Saturday's chilly temperatures. Running in celebration of her six-month anniversary of being cancer-free, Borrett used the race as part of her training for the Susan J. Komen Race for the Cure Oct. 28.

"I'm grateful that I'm alive," Borrett said. "I get up and thank God that I can walk much less run. That's why I'm here."

When Borrett placed first in her age category, a large group of family and friends cheered as she stood on stage and accepted her award underneath the nosedock's immense American flag hanging overhead.

Also among the post race festivities were Maj. Petra Sharrett and Capt. Brian Newberry, both from 15th Airlift Squadron, who offered C-17 tours to eager



Photo by Laura Abell, 437 SVS
Runners in the 4th Annual Air Expo 5K run past Charleston AFB C-17s.

groups of children, visitors, and on lookers. The tours offered a sneak peek to the star of next weekend's Air Expo.

"For many, the closest they've ever been to these planes was to see them from over the fence and across the street," Sharrett said. "The people really appreciated not only running close to the aircraft, but to see what we do. The key to these open house events is to help the public understand what we do and our mission."

For official race results, visit www.437services.com.

Week Seven

Name/Phone #: _____
 Comments: _____



Sunday, Oct. 15, 2000
 Atlanta @ **St. Louis**
 Baltimore @ **Washington Carolina** @ New Orleans
 Cincinnati @ **Pittsburgh**
 Dallas @ **New York Giants**
 Oakland @ **Kansas City**
 San Diego @ **Buffalo**
 Cleveland @ **Denver**
Indianapolis @ Seattle
New York Jets @ New England
 Philadelphia @ **Arizona**
 San Francisco @ **Green Bay**
Minnesota @ Chicago



Monday, Oct. 16

Jacksonville @ **Tennessee**
 Monday night total points: _____
 Swami's Monday night points: 64
 Swami's picks are in bold and underlined.

The Swami's e-mail address is Swami@charleston.af.mil
 Picks can also be dropped at the Public Affairs office in Bldg. 1600.
 Picks must be submitted by Friday, Oct. 13, 4 p.m.

Swami's health not so good

By the Swami
Pigskin Prognosticator

Week five is over with Lawrence Strother winning at 11-3. Mike Timko, Packfan2, Speedra941 and Jeremiah Spurgeon all finished close behind at 10-4. Congratulations to Lawrence who received some great prizes from the services squadron.

The top ten Swami players this far in the season (with at least three games under their belts) are: Chris Grgorio-.744, Col. Kaan-.705, John Fennessy-.698, Lawrence Strother-.698, Packfan-.690, George Thompson-.667, Matthew Winters-.667, Tom Smith-.667, Alex Manning-.667 and the Lovegod-.667.

The Swami had a more than disappointing week at 6-8. The Swami doesn't feel his less than average performance is his fault. The Swami could not accurately pick games because of a nagging head cold that started about the same time as the "Cowgirls" won their first game. The Swami's symptoms were worsened this

week, to include nausea, as the "Girls" were handed a victory that the Swami's Pop Warner team could have taken. The Swami doesn't want his fans to worry. He thinks his health will improve on Sunday when he's not forced to watch Dallas highlights due to the bye week.

The Swami doesn't have time to call or shake the hands of all those who sent him flowers and cards during his illness, but he would like to take this opportunity to thank his fans. Thank you!

As predicted in preseason, the Jets are unbeatable. The Swami doesn't like to say "he told you so," but, the Swami told you so. While the Swami realizes he's more intelligent than any of his readers, or anyone else for that matter, the concept the Swami is about to lay down should be easy enough to follow: A healthy Vinny equals a perfect record!

The Giants are also on top of the NFC East. Watch for them to distance themselves from the pack in that division.

The Swami could talk football all day, but he knows all the Vegas high rollers are waiting to read his picks.

Read the Swami's picks, know the Swami's picks and don't waste your other wise worthless time trying to out pick the Swami's picks.