

Fitness & Sports

Sports line

Round dancing: Round dancing is great exercise and a lot of fun. Many local military retirees are members of a round dancing group called the Meri-Go-Rounds. Active duty members as well as retirees and their spouses enjoy doing the two step and waltz basics of dance.

A "fun night" is scheduled for Monday at the Felix C. Davis Community Center, 4800 Park Circle in North Charleston. This one-time introduction to round dancing starts at 8:30 p.m. and is free. Classes will convene on succeeding Monday nights and continue throughout the fall and winter months.

For more information, call Jack or Genie Whetsell at 747-5431 or Don or Nancy Lovelace at 797-6326.

Softball tourney: The 437th Supply Squadron will once again host the annual East Coast "Supply" Softball Tournament beginning Thursday. Opening ceremonies start at 8 a.m. with the base Honor Guard posting the colors. The tournament is for members of supply squadrons throughout the East Coast.

Thursday and Friday are the dates for the round robin games to determine the seeds for the double-elimination tournament Sept. 16. Following the round robin games on Sept. 15 is a home run derby.

This year's 437th Supply team members are: Head coach Tom McPeak, assistant coach Brian Langley, Jeff York, Tony Jones, Joe Thomas, Robert James, Jim Athens, Pat Clancy, Jerry Molina, Lynn Scholl, Tyrone Robinson, Jason Reinke, Mike Krawzak and Butch Reinhart.

Fun run: A Captain's Challenge Run/Walk/Fun Run is scheduled for Oct. 14 at the SPAWARSCEN 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 members, their families, all civilians (including contractors) and cadets who are authorized to enter the Naval Weapons Station Annex. For more information, call Lisa Potts at 218-5053.

Charleston to hold 5K run, fitness walk

By Senior Airman
Jason Smith
437 AW Public Affairs

The Charleston AFB Air Expo 2000 and the Charleston Running Club are sponsoring "Race on the Runway," a 5K run and 5K fitness walk, Sept. 30, 8:30 a.m. and 8:40 a.m., respectively.

"The purpose of the run is for the community to have an opportunity to be part of the Air Force," said Steve Parrish, Fitness and Sports Center director.

"Once a year, military members and community citizens have a chance to run or walk around the aircraft that are normally only seen and heard from the sky."

The events will begin on the aircraft parking ramp near the C-17 nosedock. Maps will be available on



Air Force photo

Participants get ready for the 1999 5K run.

Cowboys done for season

By The Swami
Pigskin Prognosticator

Week one is in the books and the Swami is all smiles. First of all, the Swami told you the Cowboys are done. Forget them if you haven't already. They are a bunch of "never-beens." All talk and no play. From here on out, the Swami will refer to them as the "Cowgirls." The "girls" got the butt-kicking they deserved! Now they are shopping for a quarterback. Troy has a headache and Randy has a boo-boo. These guys will be playing with Silly Putty on the sidelines. What next? Dallas gets Deion back to play quarterback? Enough about the "girls."

The Swami had a very impressive week one with a 12-3 record. The Swami made minced meat of 47 entries. Only three lucky people beat the Swami. The winner of week one is Alex Manning. Manning beat out Michael Bishop and Chris Gregorio. They all had 13-2 records, but Manning had the closest tiebreaker score. Manning has won some great prizes from the 437th Services Squadron. Last place, cellar-dweller is John Canter. Canter has a nice 6-9 record. He has won nothing, just like the Broncos. Did you like the way the Broncos played defense Monday night?

Remember what the Swami said about the Jets? In fact, all those New York teams know how to play football!

ENTRY FORM

Charleston Air Expo 2000 5K Run & Fun Walk
Saturday, September 30, 2000
(Please Print)
Last Name _____
First Name _____ M.I. _____
Address _____
City _____
State _____ Zip Code _____ Age _____
SEX (M/F) Day Phone Number _____
Emergency Contact _____
Name and Phone Number _____
DoD Organization/Team Name _____
Event Entered: **5K Run** **5K Fitness Fun Walk**
Shirt Size Adult: **L** **XL** **XXL**
Make checks or money order payable to:
CAFB Fitness Center
Mail to: **CAFB Fitness Center**
C/O 5K Run & Fun Walk
P.O. Box 4525, Charleston AFB, SC 29404-4303

the day of the run at the Rivers and Dorchester gates. The gates will open for participants at 6:30 a.m.

Along with singles competition, there will be a military team competition consisting of up to four members. All team members

must be active duty, reserve or DoD civilians competing for the unit to which they are assigned. Team

applications must list all team members on the back of the form. Race times of the team members will be averaged for the team time. Those entering the team competition can also use their times for awards in their individual age group categories.

Cash awards will be given as follows:

■ Top three military teams: First place - \$200, second place - \$100, third place - \$50

■ Top three male/female 5K run overall finishers: First place - \$100, second place - \$75, third place - \$50

■ Top male/female 5K run overall master finishers: First place - \$100, second place - \$75

There will be prizes

Waiver: In consideration of acceptance of this entry, I hereby waive all Claims for myself and my heirs against officials or sponsors of the 2000 Air Expo 5K Run/ 5K Fitness walk for injury or illness which may result from my participation in this run or walk. I further state that I am in proper physical condition to participate in this event. I understand and agree that any Charleston AFB organization may subsequently use for publicity and promotional purposes my name and/or pictures of me participating in this event without any obligation or liability to me. I further understand and agree that my entry fee is non-refundable.

Signature of Participant _____

Date _____

Signature of Parent if under 18 _____

Date _____

awarded as follows:

■ Top three male/female 5K run age group finishers for each age group:

■ Male/female age division: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60 and over

The cost to register is \$10 for the run and \$7 for the walk. Entries are non-refundable and are must be postmarked before Sept. 20.

Late registration will be \$15 on the day of the race, 7-8:10 a.m.

Entry forms and t-shirts are available at the Fitness and Sports Center for all applicants while supplies last.

For more information, contact the Fitness and Sports Center at 963-3347 or 963-3349.

Week Three

Name/Phone # : _____
Comments: _____

Sunday, Sept. 17

ATLANTA @ CAROLINA

BUFFALO @ **NY JETS**

CINCINNATI @ **JACKSONVILLE**

PHILADELPHIA @ **GREEN BAY**

PITTSBURGH @ **CLEVELAND**

SAN DIEGO @ **KANSAS CITY**

SAN FRANCISCO @ **ST LOUIS**

TAMPA BAY @ DETROIT

DENVER @ OAKLAND

MINNESOTA @ NEW ENGLAND

NEW ORLEANS @ **SEATTLE**

NY GIANTS @ CHICAGO

BALTIMORE @ MIAMI

Mondaynight

DALLAS @ **WASHINGTON**

Monday Night Total Points _____

SWAMI'S SCORE: 39

Submit picks by Friday, 15 Sept—1600 hrs.

Send to airlift.dispatch@charleston.af.mil

or drop off @ Public Affairs, Bldg.1600