

# Fitness & Sports

## Sports line

**Race on the Runway:** The CAFB 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.

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 while supplies last.

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



### Flag football games:

#### Monday

5:30 p.m. - Navy Hospital vs. 437 APS

6:30 p.m. - Med Group/Services vs. Flyers

7:30 p.m. - 437 MXS 1 vs. 437 CS

#### Tuesday

5:30 p.m. - 437 SFS vs. 437 APS

6:30 p.m. - 1st CTCS/437 OSS vs. 1189th

7:30 p.m. - 437 SUP vs. NNPTC

8:30 p.m. - NPTU vs. 437 CES

#### Wednesday

5:30 p.m. - 437 AGS vs. 437 CS

6:30 p.m. - Navy Hospital vs. Flyers

7:30 p.m. - 437 MXS 2 vs. 437 LGT

8:30 p.m. - 437 MXS 1 vs. Med group/Services

#### Thursday

5:30 p.m. - 437 MXS 2 vs. 437 CES

6:30 p.m. - 437 LGT vs. 1189th

7:30 p.m. - 437 AGS vs. NNPTC

**Fun run:** A Captain's Challenge Run/Walk/Fun Run is set for Oct. 14 at the SPAWARSYSCEN located at the Naval Weapons Station Annex (Remount Road and Virginia Avenue). Registration is available by mail-in and on race day from 7:30-8:30 a.m. The run and 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, all civilians (including contractors) and cadets who are authorized to enter the Naval Weapons Station Annex. For more information, call 218-5053.

## Charleston runners set pace at AF Marathon

By 2<sup>nd</sup> Lt.  
**Celeste Rodriguez**  
437 CS

According to Greek legend, the world's first marathon runner collapsed and died before he could enjoy a bottle of Gatorade or have his picture appear in Sports Illustrated.

In 490 B.C. the legendary Phillippedes ran 26 hilly miles from Marathon to Athens to deliver the message of an upset Greek victory over the invading Persians. And so was born the grueling distance of the modern marathon, which nearly 2,500 years later, 12 Charleston AFB runners put to the test at the 4<sup>th</sup> Annual Air Force Marathon at Wright Patterson AFB, Ohio.

On Sept. 16, Chris Wyckoff, chief of 437<sup>th</sup> Military Equal Opportunity, and Blane Howell, a pilot assigned to the 17<sup>th</sup> Airlift Squadron, were among 1,318 runners to endure the entire 26.2 miles in individual competition, while the remainder of the group competed as three, four-man relay teams in the marathon's Ekiden relay competition. Overall, the runners put the legendary Phillippedes' stats to shame. Wyckoff and Howell, both first time marathoners, finished the race in speedy sub-four hour times. Wyckoff also finished first in the men's over 200 pound, Clydesdale category.

Meanwhile, the marathon teams known as "The Charleston Cavaliers," "The Globemaster Trodders" and "Charleston MEO" respectively placed 100, 101, and 111 out of 338 teams.

"It was a big team effort for everyone," Wyckoff said. "When we passed people at the aid stations, everyone was yelling and cheering for you. Even if someone passed you or stopped at the side, they'd encourage you to keep going. It was amazing."

When Howell found that the distance from his Isle of Palms residence to Charleston AFB was one mile short of the distance that he would run at the marathon, he said he realized that the race would be an intense physical and mental challenge. Nevertheless, Howell found that meeting other runners helped the time pass quickly.

"There was one person who I met at the five-mile mark and we ran together until the 15-mile mark," Howell said. "I don't even remember those miles. We were just shooting the breeze and talking; it was awesome."

The runners who tackled the marathon in the relay competition split the 26.2 miles as 5, 7, 7.5, and 6.8 mile legs. Dividing the overall course, which looped Wright Patterson AFB's hilly Ohio River valley terrain four different ways, offered the teams an opportunity to

approach the route strategically. Percy Jones, superintendent Equal Opportunity Training, along with the entire base military equal opportunity office, made up a team of runners that originally formed to train for a 55-mile endurance challenge at Fort Bragg, NC.

"It was awesome just to see how we did as a team," Jones said. "If we were going to do this again next year, we'd work on hills and speed."

Marathon preparation actually begins months before race day. Jason Ham, an exercise physiologist at the Health and Wellness Center here, has researched more than 15 different training programs and ran the AF Marathon in preparation for the Kiawah Island Marathon in December. According to Ham, training programs can be adjusted to suit different runners.

"It's really your own personal preference based on your physiological reaction to each program you try," Ham said.



Photo by Staff Sgt. Michael Hayes

**Charleston AFB marathon runners: (front row, left to right) Celeste Rodriguez, Stephanie Gill, Sherley Jones and Percy Jones (back, left to right) Mark Bowers, Kyle Weeks, Frank Hoese, Jeff Schoenrock, Blane Howell, Jason Ham, Chris Wyckoff, Charlie Battle and Leon Murray.**

After completing the strenuous distance, many of the runners planned to make the Air Force Marathon a yearly pilgrimage.

Stephanie Gill, 437<sup>th</sup> Mission Support Squadron administrator and base AF Marathon coordinator, first competed in the race while stationed at Altus AFB, Okla. With the help of the base first sergeants and the 437<sup>th</sup> Services Squadron, Gill advertised the marathon base-wide in June and organized what may soon become a CAFB tradition.

"It was a wonderful feeling to participate with all of the enthusiasm and spirit of the runners and volunteers," Gill said. "It's a worthy event to continue participating in each year."

For more information, call Jason Ham at 963-4313.

## Cunning"ham" helps "Cowgirls" squeal by

By The Swami  
*Pigskin Prognosticator*

Week three is in the books with Chris Gregorio the winner. Gregorio had a record of 12-2 along with Beth Bartley, Dutch and OF COURSE the SWAMI!!!

It went into Monday night with a tense feeling. It was down to the points for three people and the Swami to take the win. Everyone was expecting the Redskins to just mull the "Cowgirls" into mincemeat, except Debbie, who also grabbed a 12-2 record after the game. The "Cowgirls" had a little surprise, since they were using an old quarterback from Philly. Just like the Swami predicted in week one, they need a quarterback—the "Cowgirls" stumbled into victory with Cunning"ham." The Swami is sure Geritol played a big role in Cunnig"ham's" performance. Don't expect them to be struck with good fortune when the 49'ers come to town and make "Ham" and "Steak" Sandwiches. Read the Swami's picks this week and weep kids, because the Swami is on a roll and gonna be hard to beat.

### Week five

Name/Phone #: \_\_\_\_\_  
Comments: \_\_\_\_\_

#### Sunday, Oct. 1, 2000

Baltimore Ravens at Cleveland Browns

Dallas Cowboys at Carolina Panthers

Indianapolis Colts at Buffalo Bills

Minnesota Vikings at Detroit Lions

New York Giants at Tennessee Titans

Pittsburg Steelers at Jacksonville Jaguars

San Diego Chargers at St. Louis Rams

Miami Dolphins at Cincinnati Bengals

New England Patriots at Denver Broncos

Arizona Cardinals at San Francisco 49ers

Chicago Bears at Green Bay Packers

Tampa Bay Buccaneers at Washington Redskins

Atlanta Falcons at Philadelphia Eagles

#### Monday, October 2, 2000

Seattle Seahawks at Kansas City Chiefs

Monday Night Total Points \_\_\_\_\_

Swami's Monday Night Points **52**

Swami's Picks are in bold underline.

You can e-mail your picks to Dispatch@charleston.af.mil

\*\*Submit picks by Friday, Sept. 29—4 p.m.\*\*