

# Fitness & Sports

*Not just for football*

## Mouthguards used for many sports

By Staff Sgt. Linda Lee  
Deily Dental Clinic

The use and importance of mouth guards during any sports activity such as football, baseball, soccer and basketball are well known. They are used to help protect teeth from being broken or even knocked out completely.

But there are several other sports in which participants may not have known to use a mouth guard. These activities include gymnastics, handball, ice hockey, martial arts, skateboarding, skydiving and surfing, just to name a few.

There are three types of mouth guards to choose from: custom-made, mouth-formed and ready-made.

The custom-made mouth guard is one that a dentist would make (usually in two appointments) by taking impressions of the teeth and then building a custom fit mouth guard for the entire jaw. This product is in the "top range" of protection. These types of sports guards are the most expensive, between \$50 and \$75. This is a slight investment, but the overall protection and proper fit will warrant the

price. This product would be very good for someone undergoing active orthodontic treatment.

The mouth-formed mouth guard (boil and bite), is also fitted by a dentist and is the most common mouthpiece. It is a pre-formed mouthpiece that is softened and formed to the contours of the teeth. This product gives the same protection as the custom, but at about half the price. This is the most common type of mouth guard.

The ready-made mouth guard is one that can be purchased at almost any sporting goods store. They are usually made out of rubber or polyvinyl. They are inexpensive and do not provide you with as much protection as the "boil and bite" mouth guard.

Some tidbits about sports guards: always wear a mouth guard to help protect the teeth. If wearing braces or bridgework, it is highly advisable to wear a mouth guard, which will protect all types of treatment.

Do not wear removable dentures/partials while participating in any kind of sporting event.

To obtain a mouth guard or for more information about mouth guards, call the Deily Dental Clinic at 963-6839 or 963-6842.

## Race to Sydney update

The Race To Sidney event is a Health Challenge for the Charleston AFB community, designed to encourage cardiovascular conditioning and blood pressure awareness.

Distance is awarded by time participated in aerobic activity. In other words, it doesn't matter if you can run 10 mph or walk 1 mph -- time involvement and frequency are the important factors for this event. There is no extra distance awarded for more than 60 minutes of exercise for that day and, extra time in one day may not be allocated for another day. Teams can earn extra mileage if members measure blood pressure weekly. Prizes will be awarded for first, second and third place. **(Submitted by Jason Ham, Health and Wellness Center.)**



Team Name	Week 1	Week 2	Week 3	Total
CS Survivors	1505	1605	1560	4670
Top Dollar 2	1380	1440	1380	4200
Awesome Aussies	1260	1320	1500	4080
Walking Angels	1102	1416	1321	3839
Team HAWC	1080	1440	1180	3700
Good and Plenty	930	1340	1380	3650
MEO	1192	1226	1060	3478
Bush Babes	890	1045	1050	2985
Planners	785	935	1135	2855
The Combos	1055	861	918	2834
The Mushrooms	850	1095	865	2810
Six Pack	784	855	865	2504
PA Warriors	765	850	795	2410
Top Dollar 3	720	630	900	2250
202E	632	678	802	2112
Thunder from Under	1039	1067	N/A	2106
Top Dollar 1	1080	1020	N/A	2100
Hawkies	330	875	750	1955
Blood Sweat Tears	680	670	615	1965

## Sports line

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

The public may register on race day. 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 more information, call 963-3347 or 963-3349.

## Lovegod wins week four

By The Swami  
Pigskin Prognosticator

The "Lovegod" has come alive or he must have given up on the Cowboys. The Lovegod, aka, Chuck Navitsky, had a record of 11-3, beating out "Packfan 2" and Jason Smith. Navitsky picked the closest tiebreaker score. He has won some great prizes from the Services Squadron. He should use that golf pass to work on his game. He might even get down into double digits! The best game last week was the Jets/Buccaneers. Did the Jets stick it to them or what? I guess we won't hear much from Keyshawn for a while. And what about that butt-kicken the "Cowgirls" took? The Swami loved it! Did you see them crying?

The Swami had a so-so week going 8-6. Next week, the Swami will give you the top ten pickers. Look for the Swami to be right up there. This appears to be his year.

**Flag football action**  
**Kenny Morsee of Navy Hospital (above) collides with a 437<sup>th</sup> Aerial Port Squadron defensive back during an intramural flag football game Monday. APS won the game in overtime by a score of 10-7. Flag football season is now in full swing.**

Photo by Staff Sgt. Michael Duhe



## WEEK SIX

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

**Sunday, Oct. 8, 2000**

**Buffalo Bills** @ Miami Dolphins  
**Green Bay Packers** @ Detroit Lions  
**Indianapolis Colts** @ New England Patriots  
 New Orleans Saints @ **Chicago Bears**  
 Pittsburgh Steelers @ **New York Jets**  
**Tennessee Titans** @ Cincinnati Bengals  
**Washington Redskins** @ Philadelphia Eagles  
**New York Giants** @ Atlanta Falcons  
 Cleveland Browns @ **Arizona Cardinals**  
**Denver Broncos** @ San Diego Chargers  
 Oakland Raiders @ **San Francisco 49ers**  
 Seattle Seahawks @ **Carolina Panthers**  
 Baltimore Ravens @ **Jacksonville Jaguars**

**Monday, Oct. 9, 2000**

Tampa Bay Buccaneers @ **Minnesota Vikings**  
 Monday Night Total Points \_\_\_\_\_  
 Swami's Monday Night Points 64

Swami's Picks are in bold underline.

You can e-mail your picks to [Swami@charleston.af.mil](mailto:Swami@charleston.af.mil)

\*\*Submit picks by Friday, Oct. 6—4 p.m.\*\*