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Free fowls Gould's turkeys released on post

BY JOAN VASEY
MEDIA RELATIONS SPECIALIST

April 22 three "legal immigrants" from Mexico were released into Huachuca Canyon where they will now take up residence. The "immigrants" were not human, but were a trio Gould's turkeys, the rarest wild turkey species in North America.

The newcomers will share their genes for diversification of the growing flocks of turkeys in the Huachuca Mountains, according to John Millican, a field agent for the Arizona Game and Fish Department. The three males were set free in an area known to already contain a reintroduced flock of these wild birds. Release took place around dawn, the normal time the resident turkeys leave their roosts and could help the newcomers get adjusted to their new home.

A small number of onlookers could hear, but not see, turkeys call out as they prepared to leave nearby perches. Although they thrive in a wide range of habitats, turkeys need trees for their nighttime roost. Huachuca Canyon with large sycamore, oak and juniper trees, good water and abundant food supply was likely once home to large flocks of Gould's turkeys.

Several weeks ago, 50 Gould's turkeys were legally captured in Mexico's Sierra Madre Mountains and brought to a special quarantine facility in the Chiricahua Mountains for 30 days. Before their release, they were tested twice for such diseases as salmonella, avian influenza and Newcastle's disease. After testing negative both times, the birds were ready for introduction to their new home. Wildlife biologists are able to track the birds through use of special monitoring transmitters that provide information about migration, habitat use, and mortality. Additionally, birds sport wing tags and leg bands for identification and tracking purposes should their transmitters fail or become lost.

Fort Huachuca first became interested in Gould's turkey reintroduction during the 1970s, and partnered with the National Wild Turkey Federation, Arizona Game and Fish Department, and the U.S. Fish and Wildlife Service to meet this objective.

This is only the third release in the Huachuca Mountains, Millican said. Gould's turkeys were initially released in 1985 and another in 1987. According to Sheridan Stone, Fort Huachuca



Photo by Elizabeth Harlan

Wildlife Biologist, Sheridan Stone, left, and John Millican, field agent for the Arizona Game and Fish Department, release three Gould's turkeys into Huachuca Canyon on April 22 just as the sun came up.

wildlife biologist, Environmental and Natural Resource Division, Directorate of Installation Support, Gould's turkeys once lived in the Huachuca Mountains, and the population likely spread into Mexico. Fort Huachuca is thought to be the source of the ancestors of the birds here from Mexico now, according to Stone.

While genetic diversity in the Huachucas is of limited concern for biologists at this time, introducing new turkeys before the flock grows larger could prevent future problems said Stone. Additionally, over time, turkeys from Huachuca Mountain flocks will be relocated to turkey populations in other areas. Stone hopes the Huachuca Mountain population here will eventually expand into the Canelo Hills and other areas with suitable habitat.

The Huachuca Mountain turkey population is doing well, according to Millican. Based on turkey surveys conducted on and off Fort Huachuca last year, there was a sizable number of jakes – one year old males – an indicator that the species is doing well, according to Millican. The results of this year's survey conducted by volunteers on April 17 are not fully compiled, but it's expected that numbers will have increased since last year.

The Huachuca Mountains is but one of several locations where turkeys have been or will be released. Stone and Millican hope the Chiricahua, Pineleno, and Gualtero Mountain ranges will resonate with turkey calls in the not-too-distant future.

Thunderbolts struck down by Zoo's lightning

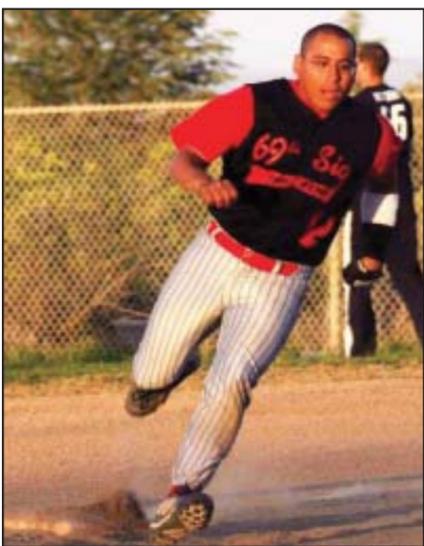


Photo by Spc. Matthew E. Chlosta

Thunderbolts couldn't stop Rory Volgende, the Zoo, who rounded second base on his way to third.

BY SPC. MATTHEW E. CHLOSTA
SCOUT STAFF

The Zoo defeated the Thunderbolts in San Pedro Division intramural softball action at 6 p.m. April 20 at Pauley Field.

The 69th Signal Company (the Zoo) held off a late inning rally by 314 TRS/CCF (the Thunderbolts) for a 19-13 win.

Before the game, the Zoo's coach Rory Volgende, said his team's goal was to "come out here have fun. We've played together for three years. We just came back from deployment."

Volgende also said his team was doing pretty well so far this season and has a good chance to make the playoffs.

"Play good defense, don't walk a lot of people," said coach Kirk Davis, 314 TRS/CCF, before the game about his team's goals. "We've got a new pitcher on the mound. Our regular pitcher graduated last week. Our shortstop is now our pitcher. It will be a big change for us."

Davis said his team has a real good shot to make the playoffs, but only as long as "we play the way we've been playing."

"We get a lot of people going in and out," Davis said. "A lot are young, some never played before. We started practicing a month before the first coaches' meeting just to work on the fundamentals. A lot of them played baseball before but not softball. Hopefully this year, we can get deep in the playoffs."

The game started off as a rout. The Zoo was ahead 12-0 by the start of the third inning.

Then, the Thunderbolts started to slowly carve into the Zoo's lead.

By the bottom of the fourth inning the Thunderbolts had scratched their way from a 12-run deficit to a four-run spread.

The Zoo roared back in their half of the fourth with five more runs, including an in the park home run by catcher Carl Nite to push back the Thunderbolts, 19-10.

The Thunderbolts were only able to

add three more runs in their at bats in the fifth and sixth (and final) innings.

Final score – the Zoo 19, Thunderbolts 13.

"We feel good," Volgende said. "The pitching is where we've been struggling, giving up tons of walks. New pitcher Mike Padilla did great with the pitches. He came through for us. We need to work on our hitting a little more, taking our opponents out of their game. Our chances are great for the playoffs. We'll be out there."

"We warmed up later as the game went on," Davis said after the Thunderbolts' defeat. "It took them a couple of innings. They're young, they're students, they tend to get down on themselves. I'm happy we stayed in it. I'm happy we fought back."

"For the next game we need to work on defense," Davis said. "The outfield made a lot of errors. Definitely pick up the defense."

Military free to NASCAR race

Southern Arizona's NASCAR Racing facility is offering free admission to Fort Huachuca personnel and our neighbors outside the gate.

Tucson Raceway Park will you get in the races for free Saturday, by showing military or civilian ID connecting you with Fort Huachuca. Additionally, showing an Arizona driver's license with an address in Hereford, Huachuca City or Sierra Vista serves as a free ticket.

Super Late Model (Triple Crown), NASCAR Late Models, Mighty Compacts, and Factory Stocks are scheduled to race that day. Gates open at 5 p.m., qualifiers begin at 6 p.m. and races begin at 7 p.m.

TRP is Arizona's only NASCAR sanctioned paved short track in southern Arizona.

For more information on TRP and directions on how to get there, click on www.tucsonracewaypark.com <<http://www.tucsonracewaypark.com>>.



Garden Canyon to be closed

BY JOAN VASEY
MEDIA RELATIONS SPECIALIST

Upper Garden Canyon will be gated and closed to vehicular access until 10:30 a.m. on May 6 to allow wildlife biologists to effectively conduct a Mexican Spotted Owl survey with accurate results. The canyon is normally gated during hours of darkness, meaning that the closure that day will only be extended for about five additional hours.

"The closure will temporarily minimize impacts on potentially roosting or nesting owls and better enable biologists to locate them for monitoring purposes as required under the Fort Huachuca biological opinion," said Sheridan Stone, wildlife biologist, Environmental and Natural Resources Division, Directorate of Installation Support.

"We are letting those who may plan excursions in the canyon that morning know well in advance so they can make plans to visit other canyons that morning. Good locations are Ramsey and Miller Canyon on the east side of the Huachuca Mountains, or along the San Pedro River," Stone added.

"We regret this temporary inconvenience and ask those who enjoy outdoor activities to please share this closure notification with friends or out-of-town visitors planning birding, butterfly, or other visits to Garden Canyon," Stone said.



Photos by Elizabeth Harlan

Cyclists make their way to the finish line during the La Vuelta de Bisbee Sunday in Bisbee.

Bikes blast by Bisbee

Armed Forces cycling team challenges pack

BY SPC.
MATTHEW E. CHLOSTA
SCOUT STAFF

Feed points, bikes, climbs, toe clips, spokes and flats were some of the terms being tossed around by the participants in last weekend's La Vuelta de Bisbee.

The pack of cyclists, who raced all day Friday, Saturday and Sunday under the unrelenting heat and around the bake blasted mountains surrounding Tombstone and Bisbee, included a team of America's finest, the Armed Forces Cycling Team.

During the final stage on Sunday morning, the main pack of bikers took on the pulsating circular shape of a living, floating cell membrane as they glided along the black and gray asphalt roads that cut through the desert like a silver knife through a round yellow pancake.

Fragments, a rider here and there, would break off to change a flat, or a rider would drop back, slowly worn down by the furious pace kept by the churning legs of the leaders



Michael Gallagher makes his way up the incline to the finish line.

(lead riders).

Before the race on Friday morning the AFCT met with the garrison commander and several commented on what the AFCT is all about, how they train, why they participate and what are the goals for the team in the Bisbee race and for the year. "The team is racing in the Vuelta de Bisbee and the Tour of the Gila with a focus on preparation to compete at the U.S. Elite Nationals and Olympic Team selection race in June," said Debra Ponzio, team manager. Following that, "six of the men will be chosen to represent the United States at our International Military World Championships July 1-5 in Slovakia. We have a great group of athletes who are outstanding ambassadors

for the Armed Forces and the United States."

The team is made up of nine men and two women, with members from the Air Force, Army, Coast Guard, Navy, Air Force and Army Reserve and Air National Guard.

"It keeps me in great shape," said the Coast Guard's Steven Mlujeak, 2003 Coast Guard Elite Athlete of the Year. "The travel is real exciting. There is a pride in wearing the Armed Forces' uniform at different events, representing the Coast Guard and the Armed Forces.

"A stage win or top three in a stage would be real nice," Mlujeak added. "The support from my commands throughout my Coast Guard career has been tremendous. We're glad to be here. They [Bisbee] have a really rich tradition; so does Gila. The higher level you race at always makes you a better racer."

The race included two time trials, 2.8 and 8.3 miles apiece; two road races ranging from 45.8 to 87.2 miles based on whether the riders were in the faster 'A group' professional senior and amateur category 1 and 2 men, which the men's AFCT participated in; the more moderately paced 'B group' masters men, and 'C group' senior and master women of all categories group, which included the women's competition.

"I think we have an advantage, being military, for us to work as a team," said the Air Force Reserve's Trent Hornus, 2003 Air Force Europe athlete of the year. "U.S. Nationals are what we train for. A top ten finish is a goal. I truly enjoy the competition. I have a lot of



Sean Cahill, Air National Guard, adjusts his helmet before the race

flexibility in my job. I'm able to work with my hours."

On Saturday the AFCT was given the honor to ride in the lead position during the neutral portion of the day's first stage as a tribute and appreciation for the military members' sacrifice and service for their country.

The lead positions are normally reserved for the top 10 riders in

the 'A Group,' according to Steve Medcroft, media director, La Vuelta de Bisbee.

"Every time I'm on the bike and I'm hurting, I think about the people out there that are deployed," said Soldier Michael Gallagher. "I just gut it out, wrench it up the hill. I'm lucky

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Michael Gallagher, Army reserve, gets a fresh bottle of water at the feed point.



Shawn Olin, left, Navy, and Steven Mlujeak, Coast Guard make their way through the last leg of the race.



FORT HUACHUCA DIRECTORATE OF MORALE, WELFARE & RECREATION

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com

Festival of Southwest begins Friday at Veterans' Memorial Park

The Directorate of Morale, Welfare and Recreation will present the 2004 Festival of the Southwest Friday, Saturday and Sunday at Veterans' Memorial Park, Sierra Vista. The hours will be: 4 p.m. - midnight, Friday; 11 a.m. - midnight, Saturday; and noon - 6 p.m., Sunday. The festival is open to the public and there is no admission fee.

There will be many attractions for the family, including the City of Fun Carnival. Advance carnival tickets are on sale now until 2 p.m. Friday, at MWR Box Office, Desert Lanes, MWR Rents and Sierra Vista Safeway, at the price of \$6 for 10 tickets. During the carnival, the cost will be \$8 for 10 tickets.

Mexico's national holiday, Cinco de Mayo, will be celebrated at the festival. All three days will feature continuous, live entertainment. Some of the activities will include moon bouncers, laser tag, paintball, a mutt march, and more. There will also be numerous food, craft and information booths for your enjoyment.

Saturday, you'll have a chance to show off your best friend at the Mutt March. The Mutt March is a 5 kilometer walk that runs on looped pavement for easy walking for you and your pet.

You can sign up for the walk at The Cove aquatic center, beginning at 7 a.m. Cost is \$5 and includes a ribbon for completing the course, plus treats for both dogs

and humans.

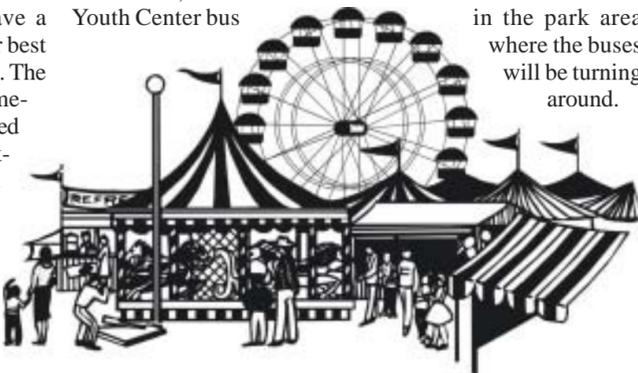
There will also be an opportunity to have your photo taken with your pet for \$3. For more information on the Mutt March, call George Thompson at 533-3246.

There will be free shuttle service to the Festival of the Southwest from Chaffee Parade Field parking lot, Fort Huachuca, to the Youth Center bus

stop at Veterans' Memorial Park.

The shuttle bus hours will be: 4 p.m. - midnight, Friday; 4 p.m. - midnight, Saturday and 11:30 a.m. - 4 p.m., Sunday.

There will be continuous rotation of pickup, with the time of the trip varying according to the amount of traffic that will be in the park area where the buses will be turning around.



Festival of Southwest entertainment schedule

Friday

4 - 5 p.m. - opening ceremonies, 36th Army Band
4 - 9 p.m. - DJ Mike Dague
4:30 - 6:30 p.m. - Army Band "Monsoon"
6:30 - 8:30 p.m. - The Connoisseurs featuring BKS
9 p.m. - midnight - Train Wreck

Saturday

11:30 a.m. - 1:30 p.m. - Mariachi Cielo de Mexico
2 - 3:30 p.m. - Alma Dolores Folklore Dance Group
4 - 5:30 p.m. - Arturo y Sus Teclados
6 - 7 p.m. - Alma Dolores Folklore Dance Group
8 p.m. - midnight - Hollywood Knights

Sunday

noon - 4 p.m. - DJ Mike Dague
noon - 1 p.m. - Jae Kim Martial Arts
1 - 1:30 p.m. - Cochise Children's Choir
2 - 3 p.m. - Jill Gungel, clogging
3 - 5 p.m. - Partners

Tournaments this weekend at MVGC

The Association of the United States Army, known as AUSA, will sponsor the next PayDay Scramble with a 12:30 p.m. shotgun start, Friday at Mountain View Golf Course.



Prizes will be awarded.

MVGC will host the Mountain View Black Officers' Club Restoration Golf Tournament, with a 7:30 a.m. shotgun start Sunday.

The format for this tournament will be a four-person scramble. An opportunity drawing will be conducted immediately following the tournament, and lunch will be served. For more information, call 533-7088.

Half-price paintball day Saturday

Half-price paintball day is scheduled for 10 a.m. - 4 p.m., Saturday, at the Sportsman's Center. \$10 covers the cost of the gun, mask, CO2, field fee and 100 rounds of ammunition. For more information, call 533-7085 for more information.

Arts Center has program for children

The "Little Hands" children's arts and crafts program is offered from 10:30 to 11:30 a.m. or from noon to 1 p.m. Saturdays at the MWR Arts Center. The program is open to children, 5 - 12.

Each week, participants fabricate a different craft. The upcoming schedule is: Saturday, clay hand print; May 8, paper craft Mother's Day card; May 15, paint with watercolors; May 22, U. S. flag, (multi-craft); and May 29, ceramic painting.

Cost of the Little Hands program is \$6 per class or two classes for \$10. Pre-payment is required at the time of registration. You can register your child at the arts center, or call for more information.

For a complete class list, stop in at the MWR Arts Center. They're open: 9 a.m. - 5 p.m., Friday and Saturday; noon - 8 p.m. Tuesday, Wednesday and Thursday; and closed Sunday and Monday. For more information, call 533-2015.

Lunch buffet now served Tuesday - Friday



Effective Monday, the daily lunch buffet at LakeSide Activity Centre will be served 11 a.m. - 1 p.m., Tuesday - Friday. The buffet will no longer be offered on Mondays.

The buffet menu varies daily. Tuesday is American classic day featuring Salisbury steak and breaded veal cutlets. Wednesdays feature Southern specialties, including fried chicken and barbecued ribs. Thursdays menu has a German flavor, with pork schnitzel, bratwurst and zesty sauerkraut featured. Fridays' specials

include deep fried catfish and fried white fish. Spaghetti with marinara sauce, macaroni and cheese with ham, and soup du jour are offered every day, in addition to a full salad bar.

Cost of the buffet is \$6.50 and includes your choice of a non-alcoholic beverage.

For more information, call 533-2193.

LakeSide will offer Cinco de Mayo special

To celebrate Cinco de Mayo, the chef at the LakeSide Activity Centre will add a little Spanish flavor to the regular lunch buffet Wednesday.

In addition to the Southern specialties normally served on Wednesdays, the buffet will include enchiladas, refried beans, Spanish rice and churros.

The buffet is served 11 a.m. - 1 p.m. The cost is \$6.50 and includes the full salad bar and a non-alcoholic beverage. For more information, call 533-2193.

Sunset trail rides at Buffalo Corral

Starting May 6, Buffalo Corral will hold sunset trail rides 6 - 8 p.m., every Thursday.

These rides are open to the public for riders 7 and up. Riders under 18 must have a release of liability signed by a parent or legal guardian and must wear a helmet (supplied by the corral).

The price of the trail rides is \$13.50 for authorized MWR patrons and \$19 for others. Reservations and pre-payment are required by close of business the day before the ride.

For more information, call Buffalo Corral at 533-5220.

Boating safety class scheduled

MWR Rents will offer a boating safety class 8

a.m. - 5 p.m., May 8 at the MWR Rents Building 70914, Irwin Street. The class is free and open to the public.



Completion of a boating safety class is required for anyone who wishes to rent a boat from MWR Rents. For more information, call 533-6707.

What's happening at Desert Lanes

Desert Lanes will hold a Scotch Mixed Doubles Tournament May 8, starting at 1 p.m. Entry fee is \$40 per couple. Bowlers will roll three games across the same lanes.

May 9, Desert Lanes will feature a Mother's Day Special. Moms will be able to bowl for the reduced price of \$1.50 per game and shoe rental will be \$1. For more information, call 533-2849.

B.O.S.S. talent show

Better Opportunities for Single Soldiers is looking for musicians, singers, dancers, and other types of entertainers who are interested in performing at a talent show beginning at 7 p.m., May 12 at Cochise Theater.

Awards will be presented to the winner/winners.

For more information or to apply, call Spc. Lisa Dixon at 227-5013 or e-mail Spc. Barbara Gerakis at gerakisb@hua.army.mil.

Def Jam Comedy show will return

The LakeSide Activity Centre will present the Def Jam Comedy Show at 10 p.m., May 15. Returning to the LakeSide to host the show will be comedian, Ice Cream.

Headliners for the evening will be Jon Laster and Dean Austin. The show is open to the public and features adult entertainment.

An after-party, featuring Top 40 and Hip Hop music, will be held downstairs at the LakeView Lounge after the show. Another after-party, featuring Latin music, will be held at Time Out.

Tickets are \$15 in advance and \$20 at the door. Admission to either after-party is included in the ticket price.

Tickets are on sale now at MWR Box Office, LakeSide Activity Centre and Sierra Vista Safeway. For more information, call 533-2194.

Registration for swimming lessons

Registration for the first two sessions of summer swimming lessons will be held May 18 - 21, 8 a.m. - 2:30 p.m., at Barnes Indoor Pool. Session I will run June 15 - 25, and Session II will be held June 29 - July 9.



For more information, including specific times, locations and cost, call Karlie Jo Hale at 533-3858.

Vendors sought for annual arts, crafts fair

Vendor applications are now being accepted for the MWR Arts Center's annual Arts and Crafts Fair to be held 8:30 a.m. - 5 p.m., May 29 at Building 52008 on Arizona Street.

Local artists are invited to come and sell their crafts and works of art. Everything must be handcrafted by the artists. MWR Arts Center will provide approximately 50 spaces.

Vendor applications are now available at the Arts Center. Entry fees are \$25 per space or \$40 for two spaces. Space will be given on a first-come basis.

For more information, call Ricardo Alonzo or Ulrike Tarquinio at 533-2015.

Summer hours at Desert Lanes, Jeannie's

Desert Lanes' summer hours start May 16. The bowling center will be open noon - 8 p.m. Monday-Wednesday; 4 - 9 p.m. Thursday; noon - 11 p.m. Friday and Saturday; and closed Sundays. For more information, call Randy Carter at 533-2849.

Summer hours at Jeannie's Diner will go into effect May 16. The diner will be open: 6:30 a.m. - 8 p.m. Monday - Wednesday; 6:30 a.m. - 9 p.m. Thursday; 6:30 a.m. - 11 p.m. Friday; noon - 11 p.m. Saturday and closed Sundays.

Army arts, crafts contest

The MWR Arts Center will hold an arts and crafts contest to select local entries for the 2004 Army Arts and Crafts Contest. Entries must be submitted, along with a completed entry form, by May 7.

The Army Arts and Crafts Contest is an annual, juried competition of two and three dimensional artwork, held in separate groups for novices, accomplished artists and crafts-people. Authorized MWR patrons are eligible to enter, with the exception of employees of the Army Arts and Crafts program.

Artwork must be entered in one of the following categories: ceramics, wood, fibers and textiles, glass, metals and jewelry, mixed media - 3D, drawings, prints, water base painting, oil base painting, or mixed media - 2D.

Local winning entries will be submitted to the regional and Armywide competition. All submissions must be the original work of the entrant, completed within 24 months of the start of the current contest year.

To obtain an entry form, or for more information on the contest, contact the MWR Arts Center. Their hours of operation are: 9 a.m. - 5 p.m. Friday and Saturday; noon - 8 p.m. Tuesday, Wednesday and Thursday, and closed Sunday and Monday.

For more information, call 533-2015.

Time Out Briefs

Ballet at EAC

A rare treat is coming to Arizona on Friday. The excitement of tapping feet, spectacular costumes, and vibrant music will fill the stage of Eastern Arizona College's Fine Arts Auditorium in Thatcher as Ballet Folklorico "Quetzalli" de Veracruz entertains an expected sell-out audience.



Tickets are now on sale at Richards Music/Radio Shack and the Graham County Chamber of Commerce in Safford, with adult tickets \$15 and students \$5. Tickets are normally sold at the door, but this concert is expected to sell out.

For more information, call the Safford Chamber of Commerce at 1-888-837-1481.

Annual run to the border

Southern Arizona Harley Riders is having their 13th Annual Run to the Border beginning at 8 a.m. on Saturday at San Jose Square, Bisbee. The event is open to the public and costs \$10 to register. All motorcycle makes and models are welcome.

For more information, call 459-4135.

Torch run

Saturday, the Arizona State Prison Complex - Tucson will host its first annual Law Enforcement Torch Run Poker Run for Special Olympics (check in time 7:30 - 9 a.m.). The game is seven card showdown. One card will be drawn at pre-registration. Cost is \$25 (includes one score card and one short sleeve T-shirt). Additional T-shirts are \$16 each. Raffle tickets will be available for purchase. Anyone with a street legal vehicle is invited to attend. To pre-register, make checks payable to LETR and mail to: Arizona State Prison Complex - Tucson, Attn: CO III Eric Abt, Santa Rita Unit, 10,000 S. Wilmot Road, P.O. Box 24400, Tucson, AZ 85734-4400.



Teen group

The Fort Huachuca teen group high school members have a paintball day on Saturday. Middle school members have a May 15 excursion to Golf-n-Stuff and a progressive dinner

on May 22.

Spirituals program

The Cochise College Chorus will be touring four sites in Cochise County in early May with their spirituals program which is based on the music of black slaves. Concerts are scheduled for Saturday at Douglas' First Presbyterian Church, Sunday at St. Patrick's Roman Catholic Church in Bisbee, May 7 at Benson's Presbyterian Church and May 8 at Sierra Vista's First Baptist Church.

For more information, call the Cochise College music department at 515-5440.

Art show at mall

The Huachuca Art Association, Inc. is sponsoring the Annual Judged Open Show, "Spring Expressions" from May 2 - 30 in the Sierra Vista Mall. All artists are invited to enter this judged art competition. Cash prizes will be awarded in nine categories: oil/acrylic, drawing, pastel, mixed media, water media, print media, three dimensional (sculpture, clay, wood working, Raku, etc.), photography, and digital/computer enhanced art.



803-0727.

Celtic culture series at college

The Cochise College Cultural Diversity Committee and the college Irish literature class opens the 2004 Celtic Culture Series. Marc Bellassai (flute, pennywhistle, bagpipes), Mike Egan (bodhran), and The Gaelic Philharmonic will perform an informal Celtic music jam (ceilidh) from 12:15 to 1:30 p.m. May 10 on the lawn of the Sierra Vista campus. Local musicians are welcome to bring their instruments and participate.

This event is free and open to the public.

Armed Forces 5K day run

The Sports and Fitness Branch of MWR will conduct a 5K Armed Forces Run starting at 7 a.m. May 15 at Barnes Field House. Entry deadline is 4 p.m., May 14 at Barnes

Field House Sports Office. There will be a \$5 entry fee.

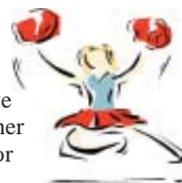
The run will be conducted in the following divisions for both males and females: open division, 30 and under; seniors, 31 - 40; and masters, 41 and over. Medallions will be awarded in each division.

For more information, call George Thompson at 533-0040.



Pop Warner/cheer on post

Individuals who would be interested in starting Pop Warner Football and Cheer in Fort Huachuca again. 4 years ago The Fort had a great program and we would love to have them back. Pop Warner Football is for boys and girls 5-15. For more information, call Donna Vincent at 227-6988 or 364-3484.



Artist sought for Art in Park

Applications for arts or crafts vendors interested in participating in the Huachuca Art Association's 33rd Annual Art in the Park are now available.

Applications may be picked up at the Huachuca Art Association Gallery, 3816 Astro Street, Hereford from noon until 4 p.m., Thursday through Sunday.

You may also contact Wendy Breen at 378-1763 to receive an application by mail.

Completed applications must be postmarked by May 28 to be included in the jury selection process.

Trailers available

Mountain Home Air Force Base in Idaho has 13 trailers available for rent at Yellowstone National Park for active duty and retired military, Department of Defense civilians and their families. Trailers are available for between \$60-\$70 a night.

For more information, call Mark Lothrop, outdoor recreation manager, at (208) 828-6333.

B Troop seeking volunteers

Fort Huachuca's B Troop, 4th U.S. Cavalry Regiment (Memorial) is looking for volunteers. B Troop participates in various parades and ceremonies both on post and nationally. They've been to the Orange Bowl Parade in Miami and Helldorado Days in Tombstone. Riding experience is not necessary and new troopers and ladies auxiallyrly hopefuls go through a ground and riding school prior to participation with the troop.

For more information, call Juan Villarreal at 378-2367.

Channel 97 Tune in to CAC

Tune in to the Commander's Access Channel (Channel 97) for up-to-date community news, latest in military news and information from Fort Huachuca and around the military.

The Fort Report airs at 3:30 p.m. weekdays with video highlights of local events.

This week, see highlights of Col. Lawrence J. Portouw's change of command, volunteer of the quarter and the year, turkey release, Tour de Bisbee/Armed Forces Cycling Team, ICW wrestling and paintball tournament.

To get your message on the Commanders Access Channel, e-mail channel97@hua.army.mil.



Pets Of The Week



Kristy is a very active Dalmatian, who loves to run through the yard with her friends. She would fit well in a home with other pets.



Lincoln is loveable German Shepard mix. He likes lots of attention and would be great for someone who has a lot of energy to play with him.



Garfield is a lazy cat who likes basking in the sun. He does well with other cats, but doesn't care too much for dogs.



Lala is a sweet cat who needs a good home with calm surroundings.

Editor's Note : Animals are available for adoption at the post veterinary clinic. In accordance with Fort Huachuca Regulation 40-905, strays will be kept at their facility for a maximum of three working days to locate an owner. At the end of that three days, the post veterinarian will make the determination whether the stray will be put up for adoption or humanely euthanized. The veterinarian clinic is located in Building 30009, and the hours are 8 a.m. to 4 p.m., Monday through Friday. For more information, call 533-2767.

Winding Road

Southwest west festivals abound this week

BY SPC. SUSAN REDWINE
SCOUT STAFF

The history of Arizona is much entwined with that of Mexico. Arizona was once part of Mexico until after the Mexican-American War in the mid-1800s. Today, many Mexican-Americans live in southern Arizona, adding to the rich cultural diversity that makes this place interesting. It's natural for events to be celebrated both north and south of the border.

Cinco de Mayo is the day in 1862 when Mexico, with an over-matched army, defeated France in La Batalla de Puebla, demonstrating the courage, independence and indomitable spirit of the Mexican people. Today, Cinco de Mayo is a time to celebrate all things Mexican.

This holiday will be celebrated this weekend around Arizona with several activities. According to <http://travel.yahoo.com>, there will be a street festival in Kennedy Park, 3700 South Mission Road, Tucson. Hours are from 1 p.m. to midnight Friday through Sunday. There is no admission to the festival, which features dancing, music, crafts, and food

while learning and experiencing Mexican culture. For more information, call (520) 292-9326.

For folks who don't mind traveling a bit further, historic downtown Chandler near Phoenix is also having a festival from noon to 8 p.m. Saturday, according to <http://www.theblendmagazine.com>. The festival is free of charge and family friendly. Attractions include musical performances, food, arts and crafts, children's activities and Chihuahua races. For more information, call (480) 782-2735.

Tlaquepaque, in Sedona, is using its small-town charm to attract visitors to its third annual Cinco de Mayo Ballet Folklorico Celebration and Competition. This little village was built as homage to a village of



the same name outside of Guadalajara, Mexico, where craftsman and artisans live and ply their trade. Tlaquepaque, Ariz., is home to 40 shops full of unique items.

The folklorico event in Tlaquepaque is Sunday from 9 a.m. to 5:30 p.m. and will include eight folklorico groups to allow visitors to experience the color and flavor of Mexican traditions. The groups will compete for best group, best regional dance and best costumes. For more information, visit <http://www.tlaq.com> or e-mail Demetri Wagner at info@rinconrestaurants.com.

Some folks would rather be out and about pounding the pavement for fun. For those who would like to celebrate with a healthy activity and get some exercise, the Cinco de Mayo 10 k run and walk is being put on in Tucson Sunday. The race begins at 7 a.m., with the course winding through the foothills of the Tucson Mountains. Mariachi music and a Mexican breakfast are included for participants. Race-day registration begins at 5:30 a.m. near the course start point at Cholla High School, 2001 West Starr Pass Boulevard. For more information, call Mike Hartigan at (520) 299-5215 or e-mail him at hartco2000@aol.com.



Just as festive, but without quite the flair for Mexican history, is Sierra Vista's own Festival of the Southwest, coming to Veterans' Memorial Park on Fry Blvd. The hours will be: 4 p.m. - midnight, Friday; 11 a.m. - midnight, Saturday; and noon - 6 p.m., Sunday. Tickets are \$8 for 10 in advance, available at the Directorate of Morale, Welfare and Recreation box office, or \$10 for 10 at the event. This large festival will include live music, food, moonwalks, paintball, craft vendors, games and pony rides. The whole family will enjoy their time at this MWR-sponsored event.

For more information, call 533-1690.

Sports Schedules, Standings, Scores

Intramural Softball Schedule

Cochise Division:

Monday

6 p.m. Pauley	Co. C, 40th Sig. vs. Co. D, 40th Sig.
6 p.m. Smiley	NETCOM vs. MEDDAC
7 p.m. Pauley	Co. E, 305th vs. USMC/USN
7 p.m. Smiley	DFAC vs. Co. A, 305th
8 p.m. Pauley	JITC vs. Co. B, 305th #2
8 p.m. Smiley	19th Sig. Co. vs. HHC 111th MI

Wednesday

6 p.m. Pauley	HHC 111th MI vs. Co. C, 40th Sig.
6 p.m. Smiley	Co. D, 40th Sig. vs. JITC
7 p.m. Pauley	Co. D, 309th vs. DFAC
7 p.m. Smiley	19th Sig. Co. vs. MEDDAC
8 p.m. Pauley	Co. A, 305th vs. Co. B, 305th #2

San Pedro Division:

Today

6 p.m. Pauley	Co. C, 86th Sig. vs. Co. A, 40th Sig.
7 p.m. Smiley	314th TRS/CCF vs. Co. A, 304th
7 p.m. Pauley	269th Sig. Co. vs. Co. B, 305th #1
8 p.m. Pauley	Co. E, 309th vs. HHC, 11th Sig.
8 p.m. Smiley	Co. C, 305th vs. HHC 306th MI

Tuesday

6 p.m. Smiley	69th Sig. Co. vs. HHC, 11th Sig.
6 p.m. Pauley	HHC 306th MI vs. 269th Sig. Co
7 p.m. Pauley	Co. C, 304th vs. 314th TRS/CCF
7 p.m. Smiley	NCOA vs. 36th Army Band
8 p.m. Pauley	Co. C, 86th Sig. vs. Co. E, 309th
8 p.m. Smiley	NCOA vs. Co. A, 40th Sig.



Photos by Spc. Matthew Chlosta

Pitcher Nick Sample, Thunderbolts left and inset and his team lost 19-13, April 20 at Pauley Field.

Intramural softball standings, results

As of April 27

Cochise Division

WL	PCT.	GB	
DFAC	6 0	1.000	—
Co. A, 305th	6 1	.857	1/2
Co. B, 305th #2	6 2	.750	1
Co. C, 40th Sig.	3 1	.750	2
Co. D, 40th Sig.	3 1	.750	2
JITC	4 3	.571	2 1/2
Co. D, 309th	4 3	.571	2 1/2
USMC/USN	3 3	.500	3
HHC 111th MI	2 4	.333	4
Co. E, 305th	2 5	.286	4 1/2
NETCOM	1 6	.143	5 1/2
MEDDAC	1 6	.143	5 1/2
19th Sig. Co.	1 7	.125	6

San Pedro Division

WL	PCT.	GB	
Co. B, 305th #1	7 0	1.000	—
NCOA	5 0	1.000	1
Co. C, 304th	6 1	.857	1
69th Sig Co.	6 1	.857	1
314th TRS	4 3	.571	3
269th Sig. Co	3 3	.500	3 1/2
Co. C, 86th Sig.	4 4	.500	3 1/2
36th Army Band	3 4	.429	4
HHC, 11th Sig.	2 3	.400	4
Co. A, 304th	3 5	.375	4 1/2
Co. C, 305th	3 6	.333	5
Co. A, 40th Sig.	0 4	.000	5 1/2
HHC 306th MI	1 6	.143	6
Co. E, 309th	0 7	.000	7

April 21, 2004

19th Sig. Co.	19 NETCOM	18
Co. A, 305th	28 Co. D, 309th	12
HHC 111th MI	13 JITC	12
Co. B, 305th #2	27 USMC/USN	17
MEDDAC	26 Co. E, 305th	18

April 22, 2004

269th Sig. Co	NCOA	Postponed/Wind
69th Sig Co.	22 Co. C, 305th	18
Co. C, 304th	37 HHC, 11th Sig.	18
36th Army Band	28 Co. E, 309th	8
Co. B, 305th #1	25 314th TRS	9
Co. C, 86th Sig.	32 Co. A, 304th	5

Monday

Co. E, 305th	22 19th Sig. Co	12
Co. C, 86th Sig.	26 Co. C, 305th	8
Co. B, 305th #2	16 MEDDAC	14
USMC/USN	20 NETCOM	18

Tuesday

314th TRS	22 HHC 306th MI	6
NCOA	28 Co. E, 309th	14
69th Sig Co.	24 269th Sig. Co	23
Co. B, 305th #1	30 Co. C, 86th Sig.	10
Co. A, 304th	17 36th Army Band	16



Top right, third baseman Jesse Westad threw to Zoo teammate first baseman Edwin Montero to get a Thunderbolt out in the second inning. Bottom right, Thunderbolts Matt Eckert and Josh Generas, inset, both contributed offensively in their team's 19-13, softball loss.



Youth Baseball Schedule

Major Division, 11-12

Day/Time	Teams	Location
Saturday		
10 a.m.	FTH vs. HC GIANTS	FTH
10 a.m.	HC YANKEES vs. SONOITA	HC

Wednesday

6 p.m.	HC GIANTS vs. SONOITA	HC
6 p.m.	FTH 1 vs. HC YANKEES	FTH

Major Division will follow the rules as laid out in the 2004 Little League Rule Book except for the following local rules: Time limit will be two hours or six innings which ever comes first. In the event of a tie after regulation, the games will be played until completed.

Minor Division, 8-10

Date/Time	Teams	Location
Saturday		
10 a.m.	FTH1 vs. FTH2	FTH
10 a.m.	SONOITA vs. HC GIANTS	PATAGONIA
12 a.m.	FTH3 vs. FTH4	FTH

Tuesday

6 p.m.	HC GIANTS vs. FTH 1	HC
6 p.m.	FTH 3 vs. SONOITA	FTH

Wednesday

6 p.m.	FTH 2 vs. FTH 4	FTH
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The Minor League Division will follow the rules as laid out in the 2004 Little League Rule Book with the addition of the following local rules: Minor games will be played with a one hour forty-five minute time limit or six innings whichever comes first. No more than five runs per inning or three outs which ever comes first. The sixth inning will not be played with a run limit.

Coach-Pitch Division, 5-7

Date/Time	Teams	Location
Saturday		
10 a.m.	SONOITA vs. HC YANKEES	PATAGONIA
10 a.m.	HC D-BACKS vs. HC CUBS	HC
10 a.m.	FTH vs. FTH2	FTH
11:45 a.m.	FTH3 vs. FTH4	FTH

Tuesday

6 p.m.	HC CUBS vs. SONOITA	HC
6 p.m.	FTH 1 vs. FTH4	FTH

Wednesday

6 p.m.	HC D-Backs vs. HC YANKEES	HC
6 p.m.	FTH 2 vs. FTH 3	FTH

In Coach-Pitch everyone plays, everyone bats. Time limit for games will be one hour and a half. Coaches have the option of hitting off of a tee, four swings or three pitches if the player has not hit the ball the player will be able to hit the ball off of the tee in two swings.
Note: Tournament could be scheduled to start on June 15.

Cycling Results

The fifth and final criterium bicycle race was held at 5:30 p.m. April 22 at Brown Parade Field.

Race results:

- Open Division Male**
- 1st Rob Ruff
 - 2nd Sean Lawson
 - 3rd John Guardia

- Clydesdale Division**
- 1st Peter VanDerWal

- Sportsman honorable mention**
- Doug Owen

Athlete Of The Week

Steven Mlujeak, Armed Forces Cycling

Each week the Time Out section will feature one athlete of the week. The Scout will ask various sports related questions of each week's athlete.

This week's athlete of the week is Armed Forces Cycling Team member Coast Guard Petty Officer 1st Class Steven Mlujeak, who competed this past weekend in the La Vuelta de Bisbee Cycling Race.

What is your favorite sport?

"Cycling."

Why is that your favorite sport?

"Competition. It's a team sport as well. It's really neat. You cover so much terrain racing and traveling. It is something you can do your whole life."

Why do you cycle, what do you get out of it?

"Being on a team. Keeps me in great shape."



Photos by Elizabeth Harlan

Coastie coasts

Armed Forces' Cyclists Trent Hornus, right and Steven Mlujeak, left and inset, raced in the LaVuelta de Bisbee last weekend.

Fit For Life

Improving speed, speed endurance

BY GEORGE R. COLFER, PH.D.
CONTRIBUTING WRITER

Since the dawn of time, running speed has always been a valued trait. History shows that contests involving running speed were one of mankind's earliest events. Speed is often related to athletic competition alone, yet improving running speed has implications both in military and civilian life.

Speed improvement programs first and foremost will improve one's anaerobic capacity. Anaerobic activities rely on a high energy output and incur oxygen debt and can only be sustained for a relatively short time period. To increase anaerobic capacity, the specific task must be practiced repeatedly. It is important to be able to repeat the sprint activity or distance with the same speed, strength and quality. This is known as speed endurance.

It is seldom in sport or military that a sprint task is done only once. Therefore, one must be able to sustain the same speed over several repetitions. As an example, a football athlete must be able to run (sprint) at the same rate of speed in the fourth quarter of a game as he did in the first quarter. Otherwise, efficiency is lost. In the military, especially infantry in urban combat, the same criteria would apply. Speed wins games, but also can save lives.

Regardless of your objective, everyone can improve running speed. This is not to say everyone can be a championship sprinter, but everyone can maximize their speed potential, develop speed endurance and reach a high level of anaerobic conditioning. The fitness athlete and recreational sports participant can also benefit from speed and speed endurance.

There are factors involved with speed such

as heredity, natural or acquired strength and flexibility, but for the fit individual, there are essentially five ways to improve one's speed: (1) Increase your rate of leg movement (number of steps you take per second, known as stride rate); (2) Increase stride length (without a decrease in stride rate); (3) Improve your acceleration; (4) Improve your sprinting form or posture (see related articles, Fit For Life January 4 and 22); (5) Improve or develop speed endurance.

The following three programs will work. Any physically fit person can use them with success. One factor that I have experienced over the years as a university track coach and speed coach/consultant to an NFL football team is that the first requirement to improve speed is the participant's desire and intensity; that is, the will to want to improve! One can go through the motions (or loaf!) while doing the drills and nothing will be gained. One's attitude toward speed improvement is equally important as being physically fit as a prerequisite for improvement.

Speed improvement programs

Acceleration running

A track or athletic field may be used. Mark off 40, 80, and 120 yards.

1. Warm up with jogging and flexibility exercises until you are sufficiently loosened up to run at full speed.

2. The acceleration run:

A. Run the first 40 yards at a comfortable stride, constantly increasing the pace.

B. At the 40 yard mark, continue to accelerate to 80 yards constantly building up speed, but not full speed.

C. At the 80 yard mark, make an all out effort to keep accelerating to your top sprinting speed and continue through the 120 yard mark.

D. As quickly as you can, decelerate, turn around, jog back to the finish line, and then walk briskly without stopping back to the start.

E. Repeat immediately, until the desired number of repetitions is completed.

3. Start out with a minimum of four repetitions and work to a maximum of 16.

Acceleration running will increase speed by improving running posture

and anaerobic capacity. Properly used, it will add leg strength, increase stride length and the rate of leg movement. Acceleration runs can be incorporated into any training schedule. They are an excellent means of conditioning

and can be performed three to five times weekly.

Pump and stride for speed improvement

A track, athletic field, or level surface area of about 110 yards in length is necessary for this program. Select footwear appropriate for the training and the surface used for the program.

1. Warm up with jogging and flexibility exercises until sufficiently loosened up to run at full speed.

2. High knee pumps --- three repetitions X 50 yards. Begin at full speed bringing the knees up as high as possible while gradually moving forward until 50 yards is completed. Stop and walk back.

A. For 50 yards, there should be about 100 high knee pumps or an average of 20 per 100 yards. Count the number of pumps as you run until the approximate rate is reached.

B. The interval of time between each run should not exceed two minutes.

C. This phase of the program should not take more than 12 minutes.

D. When 50 yards becomes easy, increase to 75 yards, and then 100 yards, maintaining the same rate of movement.

Be sure the legs come up as high and as fast as possible.

3. Take a walking rest of five minutes. Stay loose.

4. Jumping strides - two repetitions X 100 yards. Begin with a normal stride and increase stride length until you are actually jumping each stride (about 60 yards). Continue the jumping stride until the 100 yards is completed. Stop and walk back.

A. The interval of time between each run should not exceed three minutes.

B. This phase of the program should not take more than 10 minutes.

5. The total workout exclusive of the warm up should not exceed 25 minutes.

6. The workout should be performed three times weekly.

The combination of high knee pumps for increasing the rate of leg movement and jumping strides for an increase in stride length will result in an improvement of running speed.

Note: Pump and stride is a technique, not a method of sprinting. After the program, a stride of 440 to 880 yards is recommended to maintain running posture.

Ladder sprints

Ladder sprints are compatible with the pump and stride. They can be performed on the alternative days. Ladder sprints performed properly will effectively improve speed endurance. The varied distances with brief recovery intervals will stimulate anaerobic conditioning and develop speed endurance.

A track or level surface area should be used for the program.

1. Warm-up with jogging and flexibility exercises until you are sufficiently loosened up to run at full speed.

2. The distances used for this program are between 20 and 120 yards.

Progression for the sprint distance should be 10 or 20 yards depending on the objective for the training.

3. A series of 10 sprints make up a ladder. The series can be up and down ups or downs (see examples).

Up and down ups and downs

1 X 40 2 X 40 2 X 120

1 X 60 2 X 60 2 X 100

1 X 80 2 X 80 2 X 80

1 X 100 2 X 100 2 X 60

1 X 120 2 X 120 2 X 40

1 X 120

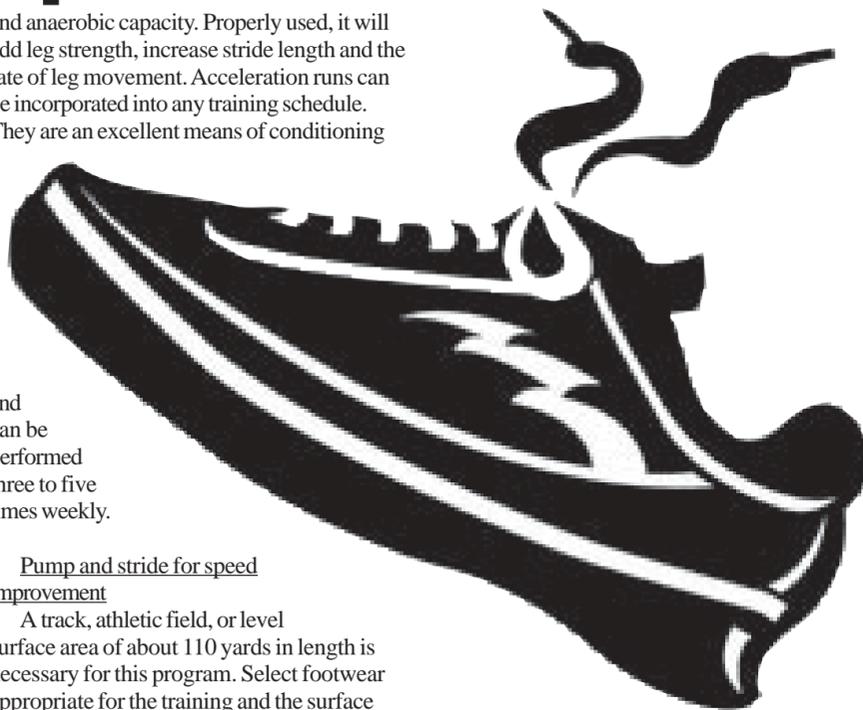
1 X 100

1 X 80

1 X 60

1 X 40

4. Ladder sprints can be run between 75 percent to 100 percent of maximum speed. Shorter sprints may be at full speed, while longer sprints may be reduced to 90 percent or 3/4



speed depending on the purpose of the training.

5. Recovery intervals can be from 15 to 60 seconds and can vary according to the length of the sprint and the training objective.

6. If ladder sprints are performed on a daily basis, variety in distances will alleviate monotony and contribute to speed endurance.

Notes on implementing the programs

1. When physical conditioning is questionable, the acceleration running should be used first.

2. The pump and stride program performed correctly is strenuous and it must be done correctly if it is to be of any benefit.

3. A high level of cardiovascular fitness will enhance the potential of speed improvement and speed endurance.

4. All programs are compatible with strength training.

5. While everyone can improve speed to some extent, one's maximum speed is usually reached by the early twenties and can be maintained for about 10 years.

6. When the tasks or activity requires equipment, there should be a gradual progression for any sprint training to account for the overload.

Examples:

Football - begin training with shorts, shirt and shoes; progress to helmet and shoulder pads; then progress to full uniform gear.

Military - start training in physical training, gear; progress to battle dress uniform's, helmet, boots and weapon; next add body armor (such as 16 pound outer tactical vest); then progress to full combat gear.

By using progression, the body can better adapt to the overload gradually, and speed efficiency can be maintained with less chance of injury. Sports like basketball, soccer and track, etc. do not need progression.

One note of caution: The pump and stride program should never be performed with any type of overload, since it is a technique to improve speed and not actual sprinting.

Major points to review in regard to speed and sprinting

A. - Speed can be improved by increasing the length of the running stride while maintaining the same rate of leg movement.

B. - The common fault regarding stride length is overstriding, which does not produce a faster rate of speed.

C. - Success in speed has been attributed to having a long stride that carries the runner low to the ground.

D. - Speed can be improved by increasing the rate of leg movement without a decrease in stride length.

E. - Speed is best obtained when the runner projects himself forward and not up and down. The knees should only move high enough to obtain maximum stride length. Extra knee lift wastes time and energy.

F. - Learn to relax. Do not fight or tighten up as you sprint.

G. - Speed endurance is as important as speed itself since repetition of the sprint is necessary.

Caution: As with all physical training programs, if you have been inactive or are just beginning to exercise, medical permission or consent should be obtained prior to starting these or any other strenuous activity.

Cowboys patch on Army logo

BY CPL. MATT MILLHAM, SPC. BRIAN TRAPP AND SPC. CURT CASHOUR
ARMY NEWS SERVICE

Three cowboys were introduced to the public wearing the Army logo April 17 at the U.S. Army Invitational rodeo at the Colorado Springs World Arena.

Jaron Nunnemaker, Mike Lee and James White are the Army's newest sponsored professional athletes, debuting at the invitational in Colorado Springs.

To Nunnemaker, one of the three professional bull riders, tying himself onto an animal more than 10 times his own weight is just something he does for his family.

His wife Jessica, who also rides in rodeos and is expecting the couple's first child in July, sees things pretty much the same way.

"I've been raised around it," she said. "I'm not worried at all about him bull riding; I'm worried about other stuff, like how he's building our house, and I'm worried about him being on the roof."

Jessica began riding in rodeos at the age of 8 and has given it up only temporarily. Once the child is born, she said, she hopes to return.

Meanwhile, Nunnemaker continues to ride in the Professional Bull Riders tour, earning more than \$350,000 since the beginning of his five years. He ended last season 24th in the world. Since this season began just after Christmas, he has picked up two fourth-place finishes and has a secure spot as one of the PBR's top 45 riders.

At 20-years-old, Mike Lee is the youngest member of the Army bull riding team, but he's not new to the sport. A competitive rider since 12, Lee started riding cattle on the ranch when he and his father were working with the animals.

"I'd get on 'em after we doctored them and run off through the pasture," he said. "My dad said, 'You need to quit that,' and I said 'No, I kinda like doing it.'"

To cure him of his bull riding ambitions, Lee's dad entered him in a buckout competition at the age of 14.

"It scared me to death, but I liked

it," said Lee.

Even though he didn't win the jackpot, from then on Lee was hooked.

In 2002, at the age of 18, he entered the Professional Bull Riding circuit and was the highest earning rookie of the year with more than \$110,000. Now, two years after entering the PBR tour, Lee is proud to wear the Army colors in an event traditionally sponsored by chewing tobacco and cheap whiskey.

"I want (the Army) on my back; they're a standup sponsor," he said. "It's not a cigarette or beer company. (the Army) is something that will bring people up instead of knock them down."

The bulls on the PBR circuit weigh up to 2,000 pounds and can send riders crashing into the ground at speeds up to 20 miles per hour. To keep both mentally and physically prepared for the challenge, White lifts weights roughly 12 hours a week, he said.

White, who picked up his Army sponsorship April 12, said he has great respect for the job Soldiers do, and will do all he can to represent them.

BIKE, from Page B1

to be here."

On Sunday the women's race was first to finish.

The Air Force's Mary Rudy, who is stationed at Davis-Monthan Air Force Base in Tucson, Ariz., finished in the middle of the pack, but overall she said she enjoyed her Bisbee experience as a precursor to the season ahead.

"It was nice to ride in the pack again," Rudy said. "I had a crash last May. This is the first race I've finished this year. I took third in the sprint. That was fun. It is good to know I can still field sprint."

On the AFCT's men side, the Coast Guard's George Ganoung, a Tombstone, Ariz. native, came in sixth in Saturday's time trial, which set him up for a high finish overall on Sunday.

Ganoung said the hometown advantage was a factor in knowing the terrain, as he was able to give tips to his fellow team members.

The AFCT strategy for their final stage was to protect him [Ganoung] from having to ride hard until the final hills in front of the finish line.

"We were riding today for George," Ponzio said. "Team strategy focused on protecting George from doing any work until the final climb."

The AFCT's plan worked perfectly, as Ganoung was the first AFCT member to cross the finish line Sunday.

"I didn't have to work at all," Ganoung said. "Without the team working for me, I would've never finished as high as I did. They basically got me to the mountain. Knowing that the team helped you out, you want to pay them back."

"We all worked. Our main focus was to keep him [George]

with the main group," Mlujeak said.

The AFCT communicated with each other during the race by radio, with little earpieces tucked inside their ears.

"I think it brought everybody together," said Gallagher. "We all had clear self-sacrifices for the team leader. We're all real ecstatic by us coming together to race."

After the weekend culminated with Sunday's final stage, the Tombstone Road Race, the AFCT members were a little dizzy, and tired, as the punishing grueling hills had taken their toll.

They lavished praise on the race and the organizers.

"We've never been here before," Ponzio said. "This is a great place, great area and great being near a military post. We would absolutely love to come back here. Perfect preparation for the trials."

"This was a venue for us to find out a lot of things about each other, and it will keep building," Gallagher said.

The AFCT is competing in a second national level stage race, the Tour of the Gila, Silver City, N.M., from Wednesday through Sunday.

"It's gonna be a good test for us, a notch higher," Gallagher said. "Our ultimate goal is to get the most slots in nationals."

"This is the first time we've had a complete team," Ponzio said. "This is the best team we've ever had and a chance to develop as a team for the season. Cycling looks very individual, but it is very much a team sport. They have to learn how to work as a team."

Mlujeak summed up the AFCT's awesome experience at the La Vuelta de Bisbee. He said, "It was a good day. Mission complete."

At Library

Hardcover fiction

1. Glorious Appearing, by Tim LaHaye
2. The Da Vinci Code, by Dan Brown
3. Nighttime Is My Time, by Mary Higgins Clark
4. The Five People You Meet In Heaven, by Mitch Albom
5. Reckless Abandon, by Stuart Woods

Hardcover nonfiction

1. Against All Enemies, by Richard A. Clarke
2. Eats, Shoots & Leaves, by Lynne Truss
3. Three Weeks With My Brother, by Nicholas Sparks
4. Worse Than Watergate, by John W. Dean
5. Ten Minutes From Normal, by Karen Hughes

Paperback fiction

1. Birthright, by Nora Roberts
2. Angels & Demons, by Dan Brown
3. The Second Time Around, by Mary Higgins Clark
4. Full Blast, by Janet Evanovich
5. The Reluctant Suitor, by Kathleen E. Woodiwiss

Paperback nonfiction

1. Reading Lolita In Tehran, by Azar Nafisi
2. The Devil In The White City, by Erik Larson
3. Moneyball, by Michael Lewis
4. Trump: The Art of the Deal, by Donald J. Trump
5. Tuesdays With Morrie, by Mitch Albom