

OUT & ABOUT

Sea kayak rescue

Love to paddle but need more confidence to go out on your own? Learn techniques of exiting and re-entering your kayak in open water safely and quickly. Meet at the Northwest Adventure Center today at 5:30 p.m. and we'll head to the pool. Pre-registration is required. Call 967-6263, or stop by the NAC, open seven days a week from 9 a.m. to 5:30 p.m.

Fishing trip

Join us for a trip to the Cowlitz River Sunday for some bank fishing for Spring Salmon and Steelhead fishing. Transportation to and from the river is provided. Pre-registration is required. Call 967-6263, or stop by the NAC, open seven days a week from 9 a.m. to 5:30 p.m.

Horseback riding

We will be heading to the Elbe Hill State Forest for a guided afternoon horseback ride Sunday. No experience is necessary for this trip. We will follow the winding, forested trails leading to a spectacular mountain view and scenic overlook of the Nisqually River and Elder Lake. Space is limited, so sign up quickly. Meet at the Northwest Adventure Center at 9:30 a.m.

Pre-registration is required. Call 967-6263, or stop by the NAC, open seven days a week from 9 a.m. to 5:30 p.m.

Summer run Steelhead

Join us for this trip on the Cowlitz River July 29 for some great Steelhead fishing. You will spend the day fishing with a professional licensed guide on a 2005 Alumaweld Super Vee fishing boat. This is a full-day trip, and the trip's meeting time will depend on where the fish are. Cost is \$150. Transportation to the River is not provided.

Pre-registration is required. Call 967-6263, or stop by the NAC, open seven days a week from 9 a.m. to 5:30 p.m.

Indoor rock climbing

Join Outdoor Recreation and head down to the Warehouse Rock Gym in Olympia Thursday for an evening of indoor rock climbing. Cost of the trip is \$16; climbing harness, carabiner, belay device, instruction and transportation are provided. No experience is necessary. Meet at the Northwest Adventure Center at 5:30 p.m. All ages.

Pre-registration is required. Call 967-6263, or stop by the NAC, open seven days a week from 9 a.m. to 5:30 p.m.

Payday Scramble

The Fort Lewis Golf Course is holding four-player Payday Scrambles July 27, August 24 and September 28 with shotgun starts at 1 p.m. Register now at the Fort Lewis Golf Course Pro Shop. Singles and twosomes will be paired for the scrambles.

The fee is \$20 per person, plus green fees, and includes a golf cart and prizes (annual "members" do not pay green fees for this event).

For more information, call the Fort Lewis Golf Course at 967-6522.

High-adventure

Looking for adrenaline-pumping fun, Soldier? MWR wants to hear from you. Go to armymwr.com/fmwrc/crd.hasurvey.htm today to complete a short "High Adventure Survey." The survey will ask Soldiers to identify their top three high-adventure activities of choice, and provide demographic information and MWR facility usage information.

The data collected will be used to plan and implement a local "Warrior Adventure Quest" program. The survey closes July 27.

WEEKEND WINNERS

Smithsonian exhibit

A special exhibit from the Smithsonian Institute has traveled to the State Capital Museum and Outreach Center in Olympia.

From Sea to Shining Sea: 200 Years of Charting America's Coasts provides boating buffs a chance to learn more about our country's nautical history, particularly the charting of U.S. coastlines.

The museum is open from 11 a.m. to 3 p.m. on Saturday and there is a \$2 suggested donation fee. For more information, call (360) 753-2580.

Farmer's market

The Gig Harbor Farmers Market features more than 100 vendors selling fresh flowers, produce, food, crafts, jewelry and handcrafted arts. The market also has a Kid's Corner with free balloon art, face painting and other activities.

It is open from 8:30 a.m. to 2 p.m., Saturdays. For more information and directions, go to www.gigharborfarmersmarket.com.

Natural serenity

The Lakewold Gardens in Lakewood offer a quiet, beautiful opportunity to stroll through nature close to home. The 10-acre gardens were designed by Thomas Church, a famous landscape architect, and include a children's garden, Japanese garden, gazebo and woodland garden.

The gardens are open from 10 a.m. to 4 p.m., Wednesday through Sunday, through September. Admission is \$3 with a Military or Student ID and children under 12 are free. For more information and directions, go to www.lakewoldgardens.org.

If your family has a favorite activity you think would make a Weekend Winner, please e-mail it to andrea.hauschchapman@us.army.mil.

Airfield run a breeze for Dodge

Fort Lewis Ten-Miler coach continues Gray dominance

By Don Kramer
Northwest Guardian

For the second time in a row, nature went out of her way to make the biannual Gray Army Airfield Run challenging.

A persistent headwind buffeted athletes during the first 2007 race last March. During last week's second race on July 11, wind again greeted the runners. But instead of a cooling breeze, it delivered a blast of hot air.

Shawn Dodge let his conditioning take over in the face of 86-degree race-time temperatures to coast to victory. The 28-year-old captain of the Fort Lewis Army Ten-Miler team and All-Army Marathon Team member ran the flat course in 25 minutes, 44 seconds, two minutes and a second slower than his record set four months earlier, but enough for his fourth airfield run-victory in a row. He still completed the counterclockwise circle more than two minutes ahead of the next finisher.

"Boy is it hot," Dodge said rhetorically as he walked and hydrated after crossing the finish line.

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Jason Kaye

Participants in the Gray Army Airfield Run take off for the start of the event July 11.

TRIPLE THREAT TRIATHLON SERIES



Photos by Jason Kaye

Rob Decker heads for the shore during the second race of the Triple Threat Triathlon series July 14. Decker finished the swim first with a time of 10:18.

Hills back on top

Father, daughter finish first in both men's, women's events

By Bob Reinert
Northwest Guardian

Two weeks after they finished in the top 10 of their respective age groups at the national championships, Doug and Alycia Hill returned to their rightful places Saturday in the Fort Lewis Triple Threat Triathlon series — first in the men's and women's races.

In the second race of the 2007 Triple Threat series, the father-daughter duo from Tacoma were finally able to cut loose. They held back in the first

Fort Lewis race, which came a week before the national championships in Portland. In the Triple Threat opener, Alycia had finished second in the women's race, Doug sixth among the men.

The Hills, who won the 2006 series titles, served notice on Saturday that they are looking to repeat. Doug used the fastest bike leg of the day — 38 minutes, 30 seconds for 15 miles — to outrace Blake Saksa and Bruce Antonowicz and win the men's race in 1 hour, 9 minutes, 3 seconds. Saksa was second in 1:09:42, Antonowicz third in 1:10:04.

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Doug Hill rides toward the transition area followed by Bruce Antonowicz and Blake Saksa during the second race of the Triple Threat Triathlon series July 14. Hill won the event with a time of 1:09:03.

Army dragster in Kent this weekend

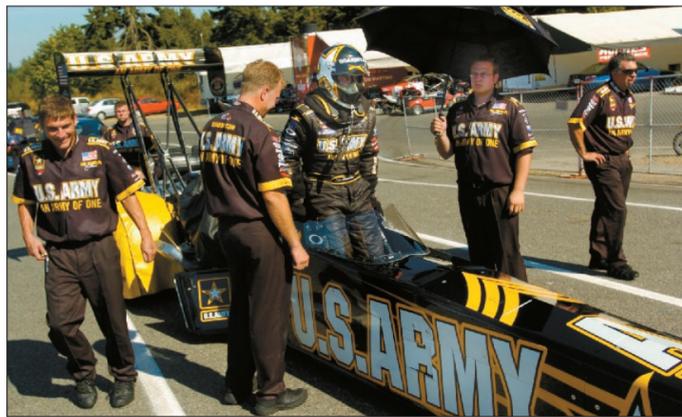
By Chris Dirato
U.S. Army NHRA Racing

KENT — Coming off a semifinal-round appearance in Denver Sunday, U.S. Army Top Fuel driver Tony "The Sarge" Schumacher will now head for the Schuck's Auto Supply Nationals here this weekend at Pacific Raceways.

The stop in the Pacific Northwest, outside of Seattle, marks the second leg of the NHRA's annual Western Swing, which concludes at Infineon Raceway in Sonoma, Calif., July 27-29.

Given his recent performance at Bandimere Speedway, Schumacher is optimistic about making a trip to the winner's circle at Pacific Raceways.

"Even though we got beat in the semis at Denver, what was most encouraging is that we got down the track seven straight times (qualifying included)," said the defending NHRA Top Fuel world champion. "We're all fully aware that consistency is extremely important in this sport. That's how you win races and championships."



Jason Kaye/Northwest Guardian File

Tony Schumacher climbs into his car during qualifying at last year's Schuck's Auto Supply NHRA Nationals in Kent.

One will have to forgive Schumacher if he's seen licking his chops upon arrival at Pacific Raceways. He has two wins to his credit there (2004 and

2006), along with another final-round appearance (2005).

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Martin, Army team fall short in come-from-behind effort

Army News Service

JOLIET, Ill. — Mark Martin picked up two positions on the final restart to bring home a 14th-place finish in Sunday's USG Sheetrock 400 Nextel Cup race at Chicagoland Speedway.

Martin had to come from the back of the field after wrecking his primary car in the early moments of Saturday's first practice session.

"This was just an awesome comeback by the U.S. Army Team," said Martin said. "I let them down yesterday and they really had to fight back for this finish. I'm so proud to drive this car for (crew chief) Ryan Pemberton and the No. 01 Ginn Racing team. Fighting back and overcoming adversity is what our Soldiers do every day."

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