

SPORTS

Army baseball
Army sweeps Patriot League **D6**

THURSDAY, APRIL 9, 2009
www.FortHoodSentinel.com

Section D

Couch Potato D3
Golf Tip D5

FT. HOOD ATHLETICS

APRIL 11 Great Place schedules Amazing Race series

The Great Place Amazing Race championship series will begin at 8 a.m. Saturday with a 10K run starting at Kieschnick Physical Fitness Center. The second race in the series, a 5K run, will be held at 8 a.m. May 16 at Hood Stadium. The final event in the series, a 15-mile bike race, starts at 8 a.m. June 13 at the intersection of Old Ironsides Avenue and 58th Street. Register at any physical fitness center on post or online at www.hoodmwr.com.

NOW-APRIL 23 Ladies' Golf Clinics

Ladies, beginners to advanced, can learn to putt, chip and drive in the Ladies Golf Clinic now-April 23 at The Courses of Clear Creek.

The cost is \$55 per person and includes six sessions of instruction. Complimentary use of golf clubs and range balls is included in the cost. For more information, call 287-4130.

APRIL 18-19

Ketia4Kidz Basketball Classic

WNBA Connecticut Sun's player Ketia Swanier is hosting the Ketia4Kidz Basketball Classic at Abrams Physical Fitness Center. The cost is \$250 per team with a maximum of 14 players per team. The tournament is open to 9-12th grade students. The teams will be divided into divisions: boys and girls, 9-10th grade and 11-12th grade. Teams can register at any Fort Hood youth center. For more information, call 288-3770 or 287-5834.

NOW-OCT. 4

Army 10-miler coach needed

The Fort Hood sports office is looking for an Army 10-miler coach for the Fort Hood team that will race in the 25th Anniversary 10-mile run Oct. 4 in Washington D.C. For more information on the program, call Jesse Gonzales at 287-5405.

ONGOING

Volleyball Officials Wanted

The Heart of Texas Chapter is recruiting people interested in officiating high school volleyball games in grades 7 through 12.

Preferred skills and experience includes playing, coaching or officiating volleyball in high school, college, USAV or intramural competitions.

For more information, contact Tom Craig by e-mail at tcraig53@hotmail.com.

Training for the Fall 2009 season will begin in May.

Water Aerobics

Water aerobics is offered free of charge to Family, Morale, Welfare and Recreation-authorized patrons. Water aerobics is a low-impact workout. All skill levels and abilities can participate.

Classes are held 8-9 a.m. Tuesdays and Thursdays at Abrams Pool inside Abrams Physical Fitness Center, Bldg. 23001, at 62nd Street and Support Avenue. For more information, call 285-5942 or 287-9430.

Boater Education

Belton Lake Outdoor Recreation Area hosts Boater Education/Safety Courses 8 a.m.-4 p.m. on select Saturdays. The free course focuses on safe boating skills.

To reserve a spot for the next course, call BLORA Marina at 287-6073/5526.

RIGHT, Sgt. Nathan Hunt, (red helmet), formerly with the 4th Bde., 10th Mtn. Div., Fort Polk, La., and Lucas Goedert, a former 3-8th Cav. Regt., 1st Cav. Div. Soldier, lead the Road 2 Recovery Texas Challenge peloton onto the III Corps Headquarters driveway Thursday morning. BELOW, At Meadows Elementary School on Fort Hood, 5th Grade students cheered the R2R wounded warriors on as they passed the school. About 100 teachers and staff and 729 students participated in the event.



Photo by Michael Heckman, Sentinel Staff



Photo by Chris Haug, Sentinel Editor

Road 2 Recovery

Wounded keep giving; Soldiers keep cheering

BY MICHAEL HECKMAN

Sentinel Staff

Some have been on the road longer than others but a kindred spirit unites them.

They're a band of brothers and sisters bonded by war wounds, the miles of asphalt and concrete that have passed beneath the wheels of their bicycles and recumbent trikes, and by a desire to show people along the way they have a lot still to give to a watching and waiting world. One of those who's still giving is Mark Gilmore.

On May 19, 2007, his back and ribs were broken, his body was punctured by shrapnel and he suffered an open head wound when his tank was split in half by an anti-tank mine near Amariyah, Iraq.

He was given a 15 percent chance of ever walking again.

But Gilmore, 39, Co. A, 1st Battalion, Warrior Transition Brigade, beat the odds.

Despite initial treatment for his injuries at Brooke Army Medical Center in San Antonio and then at Fort Hood's Carl. R. Darnall Army Medical Center, Gilmore struggled to get his life back.

He was depressed,

dependent upon pain killers and other medications to get him through daily activities.

About a year ago, his wife, Nicci, a massage therapist who also volunteers at the WTU, told him he could do more for himself and for his children, Conner, now 6 and Mikaela, now 4.

"My first concern (when told of her husband's injuries) was if he would ever walk again," Nicci said Thursday morning in front of the III Corps headquarters building. She and hundreds of Soldiers and civilians had gathered to applaud Gilmore and 55 other riders, including 34 wounded warriors, as they paused for a rally around the III Corps flag pole along the route of the Road 2 Recovery Texas Challenge.

After starting the ride Monday at the Center for the Intrepid in

San Antonio, the wounded warriors and their supporters were about half of the 1,000 miles between their start and the ride's destination, Rangers Ballpark in Arlington.

Chastised by Nicci's prompting, Mark got involved in the Road 2 Recovery program last November. He went on a wounded warrior project ride with the Warrior Training Brigade in Houston.

"After about 23 miles," Mark said, "I realized this is about the only sport that I could really take care of myself and at the same time

get better."

Because of his spinal injury, which led to surgery to fuse four vertebrae less than a year ago, he rides a leg-powered recumbent trike.

He pedals with his legs extended in front of him and sits in a canvas seat.

"He's come an extremely long way from being in back and neck braces," Nicci said.

Riding with other wounded warriors has changed Mark's

See **Recovery, D2**



Photo by Chris Haug, Sentinel Editor

Students, teachers and staff members cheered the wounded warriors as they passed Meadows Elementary School.



Photo by Michael Heckman, Sentinel Staff

After 34 wounded warriors and supporters, including 12 members of Fort Hood's Team Army cycling squad participated in a rally at III Corps Headquarters, the peloton left en route to Rangers Ballpark, Arlington, where the Rangers lost Saturday, 5-4, to the Kansas City Royals.

JAG Soldier honors Bataan Death March survivors; wins marathon

BY MICHAEL HECKMAN

Sentinel Staff

She was the dorky girl who rode her bike to swim class wearing a swim cap with a strap.

She was always early.

It was that kind of drive and determination that helped Capt. Jamie Dvorak, a special victims prosecutor for the III Corps and Fort Hood Office of Military Justice, win the military female heavy division of the 2009 Bataan Memorial Death March.

Held March 29 at White Sands Missile Range, N.M., competitors in the 26.2-mile event included more than 5,300 participants from 50 states and eight countries, including the Philippines, Germany, Canada and the United Kingdom.

Recorded by a computer chip in her boot, Dvorak's time of 6:17:48 was 24 minutes faster than her closest competitor, Rachel Boggs, whose chip read 6:41:49.

Another Fort Hood Soldier, Dawn Abeyta, 1st Medical Brigade, finished 11th with a time of 8:34:19.

Whether they walk or jog, as Dvorak does to compensate for her 5-foot 3-inch height, heavy division competitors must carry at least a 35-lb. rucksack on their backs.

"I do a Ranger shuffle. I'm short; walking would take me forever so I have to run," she said.

In addition to training hard for the event, Dvorak attributed her success to her support crew, headed by her 63-year-old mother, Janis.

"She's a beast, probably tougher than me," Dvorak said of her mom during a telephone interview from her JAG office.

Janis participated in the death march event in 2008, while Jamie was in the midst of a 15-month deployment to Iraq, where the Soldier trained by competing in the Mosul Marathon.

Dvorak also used experience gained in 2007 when she first competed in the event. She said a friend wanted to form a female team that did not materialize.

See **Marathon, D4**



Courtesy Photo

View of the trek around Mineral Hill in the southern San Andreas Mountains during the Annual Bataan Memorial Death March held in White Sands Missile Range, New Mexico.