



**Local Swimmer
Justice Craig
Named 'Athlete
Of The Week,'**
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Time Out



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Grudge Match

In our weekly golf group, we try and split up into teams of two using our established handicaps and attempt to schedule matches against equally handicapped opponents, playing a low-and-total scoring format with \$15 at stake (\$5 on both the front and back nine holes and another \$5 for overall).

And while I really enjoy playing with or against just about anyone in the group, there are one or two players you just love to beat or hate to lose to.

Case in point—an elderly, sometimes grumpy hacker who we'll call John because that's his name.

Now John is an absolute delight to have in the group, despite his constant whining and never-ending ribbing when he wins, which he seems to do more often than not.

He can hit a tee shot only about 150 yards and that's if the hole plays down-wind and if he gets a few bounces on the cart path, but he does have a pretty decent short game and I mistakenly referred to him in a column many years ago as, "the best putter in A.J.," a mistake only because he'll remind you of his moniker every time he rolls in a putt.

This Thursday, my partner (who is battling to overcome the full swing yips) and I have thrown out the handicaps to challenge John and his partner. We're giving up seven strokes and

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Boot Camp Girls

Four ladies from Apache Junction, Beth Lewis, Jacquie Smith, Kim McCune and Mimi Judah, train together for the Adventure Xstream Sprint Triathlon in Vail

By **Chuck Baker**
The News

They say that if you survive Boot Camp and are fortunate enough to graduate, it's all downhill from there. But for four Apache Junction women, ranging in ages 34 to 53, they might not ever graduate from Boot Camp because they are simply having too much fun.

Meet the "Arizona Trackers" as they call themselves – Mimi Judah, age 53, Beth Lewis and Jacquie Smith, both 48, and Kim McCune, the baby of the group at 34 – four ladies who met at the Boot Camp fitness class taught by Lewis at the City of Apache Junction's Multi-Generational Center.

Mimi, a physical education teacher at Thunder Mountain Middle School, was one of the four original class participants when Beth, a

personal fitness trainer, first starting teaching nearly three years ago. Jacquie, who works for the Arizona Water Company, joined shortly after and Kim, a licensed massage therapist, has been a Boot Camp member for two years now.

The Boot Camp class meets three days a week, on Mondays, Thursdays and Saturdays, and has become a popular fitness program at the MGC, thanks mostly to Lewis, whom the other three ladies say is a "great instructor and an even better motivator."

The four women became acquaintances through the fitness class and then friends. Two of them lost 16 pounds through the class and according to Mimi, they have all gotten in "awesome shape."

So when another friend mentioned to Mimi earlier

this year about a team sprint triathlon race held each year in Vail, Colo., she decided to put her friendships developed in the Boot Camp fitness class to a test by proposing that the four of them enter the Adventure Xstream Sprint Triathlon scheduled for Sept. 6 in Vail.

"I have to admit that when I first looked up the race in Vail and saw the three events, I thought to myself, that's insane," Mimi says.

"I tried to talk her out of it," says Jacquie when Mimi first told the others about the race that involves four member teams competing in kayaking, mountain biking and trekking over a distance of 25 to 30 miles.

"Why don't we first try something together in Arizona, and a little shorter," was Jacquie's reply.

Although Mimi and Beth both ran in the 2008 Lost



The four members of Arizona Trackers, from left to right, Jacquie Smith, Beth Lewis, Kim McCune and Mimi Judah, just prior to a recent kayak training run on the Salt River as they prepare for their first Adventure Xstream Triathlon Sprint to be held Sept. 6 in Vail, Colo. The four ladies from Apache Junction, ranging in ages 34 to 53, all met in the "Boot Camp" fitness class taught by Lewis at the Multi-Generational Center and have become friends.

Dutchman Half Marathon, none of the ladies had ever participated before in kayaking, mountain biking or trekking using a navigation device.

Persuading one another to give it a try was only part of their challenge.

Convincing their husbands, well, that was a separate is-

sue. "You're in way over your head," is what Mimi's husband, Jack, kept telling her, she says.

Jacquie and Kim both had to go out and purchase mountain bikes for the race and the four also had to buy

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Mimi Judah (forward) and Kim McCune negotiate some of the biggest rapids found on the Salt River during a Kayak training session held Sunday, July 27. Mimi and Kim, along with friends Beth Lewis and Jacquie Smith, are training for the Adventure Xstream Sprint Triathlon, a 25- to 30-mile event that includes kayaking, mountain biking and trekking, to be held Sept. 6 in Vail, Colo.

Men's Slo-Pitch Softball Results

The Apache Junction Parks and Recreation Department's men's slo-pitch softball league is well underway at Prospector Park and through the week ending July 31, it's Boys Night Out atop the league standings with a perfect 6-0 mark. In games from last week, Boys Night Out won a doubleheader, defeating Dirty Dozen twice by the scores of 21-7 and 9-1. Dirty Dozen fell to 0-7 with the two losses.

AMN Electric stayed one game back of Boys Night Out at 5-1 on the

season with their own doubleheader sweep, beating TBA by the scores of 23-11 and 20-0. With the two losses, TBA fell to 3-5 overall.

In the other twin bill from last week, Cobb's Restaurant improved to 4-3 overall on the season with 24-22 and 15-9 wins over Slackers, which fell to 2-4.

For more information about adult softball leagues, contact the Apache Junction Parks and Recreation Department at 983-2181.



Wolfpack Gearing Up For Inaugural Season

Eight-man tackle football comes to Apache Trail High School

By **Chuck Baker**
The News

History will be made this Fall when the Apache Trail High School Wolfpack play its inaugural season of eight-man tackle football. The season officially begins on Saturday, Aug. 30, with the Wolfpack taking on Ocotillo High School of Phoenix in a game to be played at Mesa Westview High School. Kickoff will be at 7 p.m.

The eight-man tackle football league is oper-

ated through the Arizona Competitive Youth Football League (ACYFL). Apache Trail HS is a member of the Arizona High School Football Federation League (AzHSFF), which will field seven teams this Fall in their Senior Division. The six other competing schools are West Phoenix High School, Ocotillo High School of Phoenix, Desert Hills High School in Gilbert, Tempe Accelerated, Sun Valley High School of Mesa and Arizona Charter Academy, located in Surprise.

Also operating under the ACYFL is the 10-team Charter School Athletic League. Plans are in the works to have a Charter School State Championship at the end of the 2008 season, pitting the winner of the AzHSFF and the Charter School Athletic League.

Heading up the Wolfpack in their inaugural season is head coach Dave Wagner, who is in his 13th season as a football coach. In addition to coaching at the high school level, includ-



Apache Trail High School head football coach Dave Wagner (middle with sunglasses) talks with some of his Wolfpack players during a team practice held last Thursday morning at Prospector Park. Coach Wagner is flanked by assistant coaches Dan Ziegler (left) and John Anderson (right), who is also the athletic director at ATHS.



The team captains for the inaugural season of Wolfpack football at Apache Trail High School are sophomore Brian Mayfield (#7, offensive captain and quarterback) and senior Sean Evans (#55, defensive captain and linebacker).

ing at Desert Ridge High School last season, Coach Wagner has also had coaching stints at the collegiate level, including at Arizona Western College and at Southwestern College in San Diego.

Wagner, who played his football in the Navy Command League, has even had a coaching stint with the semi-pro team known

as the Phoenix Rebels.

The previous 12 years of football coaching experience for Wagner has been with the traditional 11-man football program. The 2008 season at ATHS will be his first coaching eight-man football.

It's different, no doubt about it," admits Coach Wagner of the eight-man style of game.

"I was a little hesitant at first but once you get into it, I discovered it is actually kind of fun."

In eight-man football, a team must have five players on the line of scrimmage with the two outside players being eligible receivers. There will also be a quarterback and two run-

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