



# Bulletin board

## At the movies Aug. 3-19

### Baumholder, Wagon Wheel

- Aug. 5 — Mean Girls (PG-13) 7 p.m.
- Aug. 6-7 — Spider-Man 2 (PG-13) 7 p.m.
- Aug. 8 — Agent Cody Banks 2 (PG) 4 p.m. Godsend (PG-13) 7 p.m.
- Aug. 12 — Troy (R) 7 p.m.
- Aug. 13-14 — Anchorman (PG-13) 7 p.m.
- Aug. 15 — Shrek 2 (PG) 4 p.m. The Day After Tomorrow (PG-13) 7 p.m.
- Aug. 19 — Raising Helen (PG-13) 7 p.m.

### Büdingen, Little

- Aug. 7 — Envy (PG-13) 3 p.m.
- Aug. 14 — New York Minute (PG) 3 p.m.

### Dexheim, Rhein

- Aug. 6 — Godsend (PG-13) 7 p.m.
- Aug. 7 — Anchorman (PG-13) 7 p.m.
- Aug. 8 — Breakin' All The Rules (PG-13) 3 p.m.
- Aug. 13 — Raising Helen (PG-13) 7 p.m.
- Aug. 14 — I, Robot (PG-13) 7 p.m.
- Aug. 15 — Shrek 2 (PG) 3 p.m.

### Friedberg, Old Ironsides

- Aug. 5 — Laws Of Attraction (PG-13) 7 p.m.
- Aug. 6 — Garfield (PG) 7 p.m.
- Aug. 7 — Garfield (PG) 2 and 7 p.m.
- Aug. 8 — Troy (R) 7 p.m.
- Aug. 12 — Breakin' All The Rules (PG-13) 7 p.m.
- Aug. 13 — Dodgeball: A True Underdog Story (PG-13) 7 p.m.
- Aug. 14 — Harry Potter And The Prisoner Of Azkaban (PG) 2 p.m. The Terminal (PG-13) 7 p.m.
- Aug. 15 — Dodgeball: A True Underdog Story (PG-13) 7 p.m.
- Aug. 19 — Shrek 2 (PG) 7 p.m.

### Giessen, Skyline

- Aug. 3-4 — Harry Potter And The Prisoner Of Azkaban (PG) 7 p.m.
- Aug. 6 — Harry Potter And The Prisoner Of Azkaban (PG) 7 p.m.
- Aug. 7 — The Day After Tomorrow (PG-13) 7 p.m.
- Aug. 8 — Van Helsing (PG-13) 7 p.m.
- Aug. 10-11 — Garfield (PG) 7 p.m.
- Aug. 13 — Godsend (PG-13) 7 p.m.
- Aug. 14 — Breakin' All The Rules (PG-13) 7 p.m.
- Aug. 15 — Raising Helen (PG-13) 7 p.m.
- Aug. 17 — Dodgeball: A True Underdog



Gabrielle Union and Jamie Foxx star in "Breakin' All The Rules."

- Story (PG-13) 7 p.m.
- Aug. 18 — The Terminal (PG-13) 7 p.m.
- Hanau, Evening Star**
- Aug. 3 — New York Minute (PG) 7 p.m.
- Aug. 4 — Mean Girls (PG-13) 7 p.m.
- Aug. 5 — Van Helsing (PG-13) 7 p.m.
- Aug. 6 — Catwoman (PG-13) 7 p.m. Troy (R) 9:30 p.m.
- Aug. 7 — Breakin' All The Rules (PG-13) 2 p.m. Godsend (PG-13) 7 p.m. Catwoman (PG-13) 9:30 p.m.
- Aug. 8 — Catwoman (PG-13) 7 p.m.
- Aug. 9 — Breakin' All The Rules (PG-13) 7 p.m.
- Aug. 10 — Godsend (PG-13) 7 p.m.
- Aug. 11 — Troy (R) 7 p.m.
- Aug. 12 — Breakin' All The Rules (PG-13) 7 p.m.
- Aug. 13 — The Manchurian Candidate (R) 7 p.m. The Day After Tomorrow (PG-13) 9:30 p.m.
- Aug. 14 — Shrek 2 (PG) 2 p.m. The Manchurian Candidate (R) 7 p.m. The Day After Tomorrow (PG-13) 9:30 p.m.
- Aug. 15 — Shrek 2 (PG) 4 p.m. The Manchurian Candidate (R) 7 p.m.
- Aug. 16 — Shrek 2 (PG) 7 p.m.
- Aug. 17 — Raising Helen (PG-13) 7 p.m.
- Aug. 18 — Shrek 2 (PG) 7 p.m.
- Aug. 19 — Raising Helen (PG-13) 7 p.m.

### Rhein Main, Gardens

- Aug. 4 — I, Robot (PG-13) 7 p.m.
- Aug. 6 — Troy (R) 7 p.m.
- Aug. 7 — Spider-Man 2 (PG-13) 2 and 7.30 p.m. Breakin' All The Rules (PG-13) 5 p.m.
- Aug. 8 — Godsend (PG-13) 7 p.m.
- Aug. 11 — Catwoman (PG-13) 7 p.m.
- Aug. 13 — The Day After Tomorrow (PG-13) 7 p.m.
- Aug. 14 — Shrek 2 (PG) 5 p.m. Anchorman (PG-13) 7:30 p.m.
- Aug. 15 — Raising Helen (PG-13) 7 p.m.

- Aug. 18 — The Manchurian Candidate (R) 7 p.m.
- Wackernheim, McCully**
- Aug. 4 — Spider-Man 2 (PG-13) 7 p.m.
- Aug. 11 — I, Robot (PG-13) 7 p.m.
- Wiesbaden, Flyers**
- Aug. 5 — New York Minute (PG) 7 p.m.
- Aug. 6 — I, Robot (PG-13) 7 p.m.
- Aug. 7 — Godsend (PG-13) 7 p.m.
- Aug. 12 — Troy (R) 7 p.m.
- Aug. 13 — Catwoman (PG-13) 7 p.m.
- Aug. 14 — Raising Helen (PG-13) 7 p.m.
- Aug. 19 — The Day After Tomorrow (PG-13) 7 p.m.
- Wiesbaden, Taunus**
- Aug. 3 — Mean Girls (PG-13) 7 p.m.
- Aug. 4 — Van Helsing (PG-13) 7 p.m.
- Aug. 5 — I, Robot (PG-13) 7 p.m.
- Aug. 6 — Breakin' All The Rules (PG-13) 7 p.m. I, Robot (PG-13) 9:30 p.m.
- Aug. 7 — New York Minute (PG) 4 p.m. I, Robot (PG-13) 7 p.m. Godsend (PG-13) 9:30 p.m.
- Aug. 8 — Ella Enchanted (PG) 4 p.m. I, Robot (PG-13) 7 p.m.
- Aug. 9 — I, Robot (PG-13) 7 p.m.
- Aug. 10 — Troy (R) 7 p.m.
- Aug. 11 — Godsend (PG-13) 7 p.m.
- Aug. 12 — Catwoman (PG-13) 7 p.m.
- Aug. 13 — Raising Helen (PG-13) 7 p.m. Catwoman (PG-13) 9:30 p.m.
- Aug. 14 — Shrek 2 (PG) 4 p.m. Catwoman (PG-13) 7 and 9:30 p.m.
- Aug. 15 — Shrek 2 (PG) 4 p.m. Catwoman (PG-13) 7 p.m.
- Aug. 16 — Catwoman (PG-13) 7 p.m.
- Aug. 17 — The Day After Tomorrow (PG-13) 7 p.m.
- Aug. 18 — Raising Helen (PG-13) 7 p.m.
- Aug. 19 — The Manchurian Candidate (R) 7 p.m.

## Movie plots

**Catwoman (PG-13)** — Patience Phillips (Halle Berry) is a struggling, insecure graphic designer at Hedare Beauty, a cosmetics company that is about to release an anti-aging cream. When she discovers the cream has a deadly side effect, Patience is murdered. Shortly thereafter, she's reborn, discovering she has a variety of cat-like superpowers. Also stars Benjamin Bratt and Sharon Stone.

**Godsend (PG-13)** — After their young son Adam (Cameron Bright) is killed in a freak accident, a couple (Greg Kinnear and Rebecca Romijn-Stamos) approach an expert (Robert De Niro) in stem cell research about bringing him back to life throughout an experimental and illegal cloning process.

**Breakin' All The Rules (PG-13)** — Jamie Foxx stars in this romantic comedy about a man who, after being unceremoniously dumped by his fiancée, pens a "how to" book on breaking up and becomes a best-selling author on the subject. Not wanting his male friends to suffer the same fate, he gives them advice on dumping their mates.

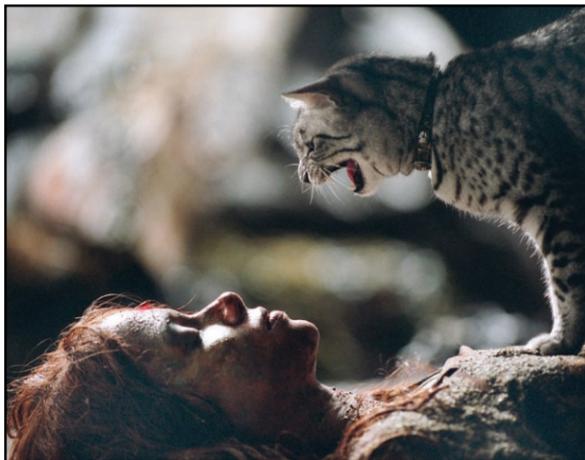
**Raising Helen (PG-13)** — Helen Harris (Kate Hudson) is living the life she always dreamed of. But her lifestyle comes to a screeching halt when she finds herself responsible for her sister's children. No one doubts Helen is the coolest aunt in New York, but what does she know about raising kids?

**I, Robot (PG-13)** — In the year 2035 robots are an everyday household item, and everyone trusts them, except one slightly paranoid detective (Will Smith) who is investigating what he believes is a crime perpetrated by a robot. The case leads him to discover a frightening threat to the human race.

**Spider-Man 2 (PG-13)** — Two years have passed and mild-mannered Peter Parker (Tobey Maguire) struggles with his dual identities as Spider-Man and an ordinary college student. Peter finds his relationships with all those he holds dear in danger of unraveling. His life-long yearning for M.J. (Kirsten Dunst) becomes even stronger as he fights the impulse to reveal his secret life.

**Van Helsing (PG-13)** — Monster hunter Dr. Abraham Van Helsing (Hugh Jackman) is summoned to a mysterious land in Eastern Europe to vanquish evil forces including Count Dracula (Richard Roxburgh), the Wolf Man (Will Kemp) and Frankenstein's Monster (Schuler Hensley).

**New York Minute (PG)** — Uptight over-achiever Jane Ryan (Ashley Olsen) is due to give a major speech at Columbia University for a scholarship to Oxford University. Meanwhile, her rebellious twin sister Roxy (Mary-Kate Olsen) is planning to ditch school and go backstage at a music video shoot in Manhattan, where she'll slip her demo tape to the band's A & R team. Their plans go wildly awry when mix-ups result.

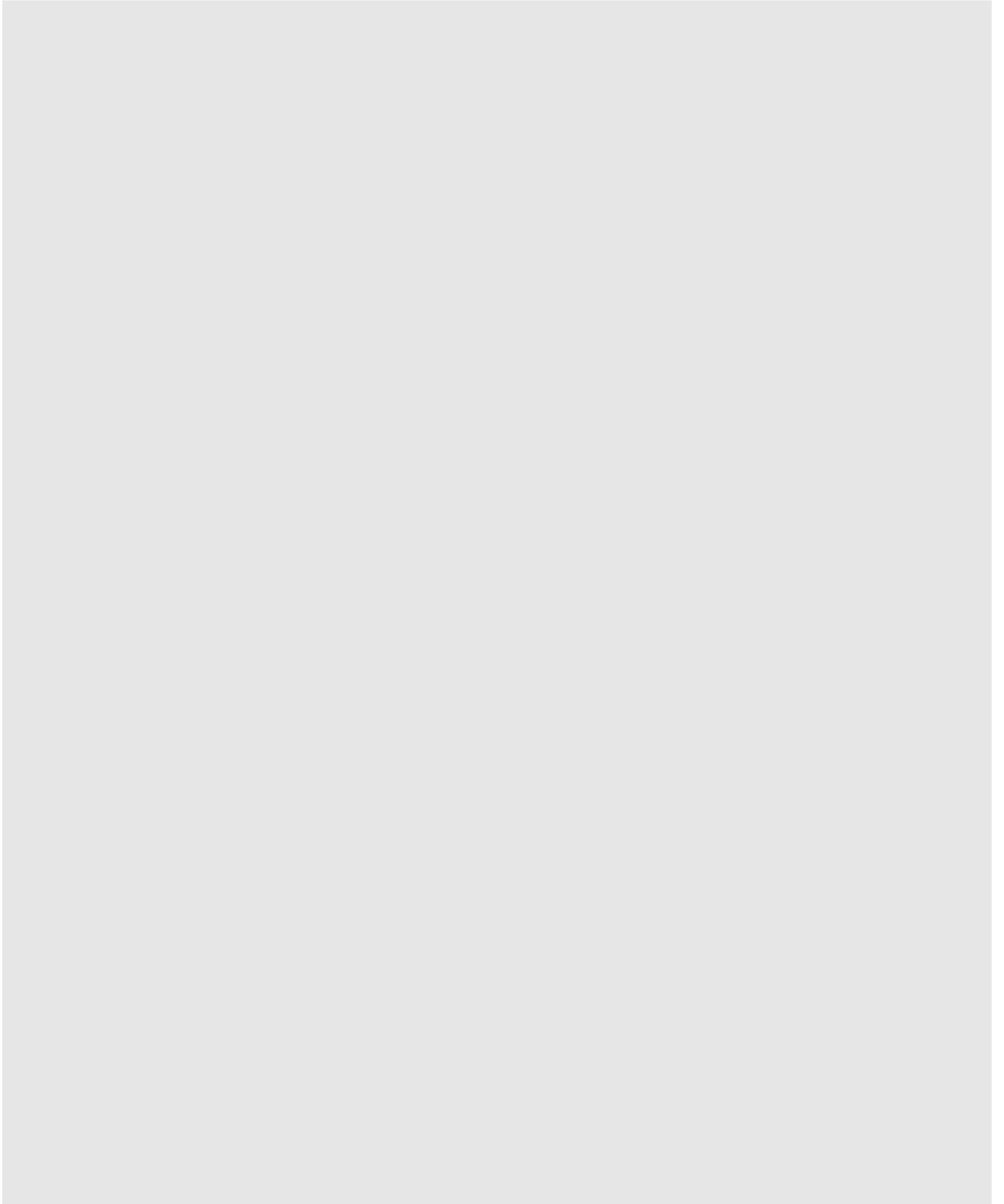


Halle Berry has a close encounter of the feline kind in the movie "Catwoman."

**Movies and times subject to change by local theaters. For the most up-to-date schedule visit the ASG's website (see address below).**

# *Herald Union classifieds*

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# Sports and leisure

## Go about exercise intelligently to stay fit



Photo by Karl Weisel

Bicycling is one of the best choices for the cardiovascular part of an intelligent exercise program. Other possibilities are walking, running and swimming.

More and more of our waking hours are spent sitting in front of a computer, in our cars commuting to and from work, and shuttling our families to and fro. While our brains may get a workout, unfortunately our bodies do not.

"Our bodies truly prefer to be in a balanced state — a balance between activity and rest, calorie intake and calorie expenditure, stress and relaxation," said Karen Friedman, physical therapist with the Deployment Health Clinical Center at Walter Reed Army Medical Center in Washington, D.C. "When a person experiences too little exercise, many complications can occur."

Among those complications can be the loss of flexibility, muscle mass strength, bone density, endurance and weight gain. Other negative consequences can include activity intolerance, stored stress, poor sleep, cardiac concerns and elevated blood pressure.

Those who do make the effort to conduct a well-planned and consistent exercise program can positively impact all those areas, she said. It's usually a question of making significant, long-term changes in daily habits — implementing and maintaining a lifelong exercise program involves commitment and strategy. Two keys to success are making it realistic and enjoyable, said Friedman.

"Exercise is beneficial for everyone. Our military personnel are in a culture that encourages physical fitness as part of daily routine and readiness requirements. Civilians may also be in a climate that fosters a healthy way of life, but too often members of both groups find themselves with too much to do and too little time to exercise."

A balanced exercise program includes stretching for flexibility, cardiovascular activity to increase endurance, strengthening exercises to increase muscle mass and bone density, and variety to avoid repetitive stress injuries and boredom. Try to exercise 30-40 minutes at least three times a week, said Friedman.

The best approach is a mix of sessions dedicated to cardiovascular and strength training. Try three sessions of cardiovascular exercise followed by stretching and two days of strength training with either machines or free weights

followed by stretching.

Good cardiovascular activities include walking, running, bicycling, swimming or using cross-training, stair climbing and rowing machines.

Begin sessions with a warm-up and end with a cool-down. End sessions with stretching to ward off soreness and increase flexibility. Slow, gentle stretching exercises are more effective than fast or abrupt movements. Stretching should not cause pain. Never bounce when you stretch.

Set a comfortable level for the first few exercise sessions. Beginners are often overambitious and become discouraged by the pain and discomfort of overdoing it. Then they quit. If you haven't exercised for a while, a 15-minute neighborhood walk is a good way to start, said Friedman.

Dress in loose, comfortable layers that can be removed as you warm up. Wear the right shoes. Knee, hip and back problems can develop from insufficient support.

When it comes to weight training, Friedman said the key to gaining strength but not large muscle masses is to do more repetitions, two or three sets of 10 "reps," using light weights.

Be sure to exercise when you're most geared up for it. Don't do mornings if you're a slow starter. Don't exercise after dinner because raising your metabolism when your body is trying to wind down for sleep invites insomnia.

Find the motivational keys that work for you. Some people prefer company and encouragement while others benefit from being alone to decompress and ponder.

Get a medical check-up before starting an exercise program, and be sure to learn proper exercise techniques. Improper exercise won't give you the results you want, but they will put you at risk for injury.

"Exercise is good for everyone as long as you go about it intelligently," said Friedman. "If you are already fit, think about adding variety to your workout. If you have not been exercising but want to start, be patient. Be realistic in setting goals. Whatever you do, select activities you enjoy. You will not stick with a program you hate." (Courtesy of the American Forces Press Service)

**"Be realistic in setting goals."**

## Sports shorts

### Racquetball tournaments

The Baumholder Sports Office holds a Racquetball Tournament Aug. 12. Categories include men's open, women's open and doubles open. Call mil 485-6671 or 7176 for details. Wiesbaden's Tony Bass Fitness Center holds a Racquetball Tournament Aug. 21-22 starting at 9 a.m. Sign up by Aug. 17. Call mil 334-4737.

### Golf tournaments

Wiesbaden's Rheinblick Golf Course features a **Golf Tournament** Aug. 21 at 9 a.m. Register by Aug. 18. Cost is \$15 for members or \$25 for non-members. Rheinblick also holds **Friday Night Scrambles** through September at 6 p.m. and a **Commander's Payday Scramble** Aug. 31 at noon. Call mil 336-2816 for more information.

### Civilian Fitness Program

Open enrollment for the Civilian Fitness Program in the 221st Base Support Battalion will be held Aug. 16 to Sept. 11. Full-time Department of Defense Army employees

may enroll in the free program which grants up to three hours per week off of work for fitness during the six-month program. Call Susanne Dale at mil 337-5943 for details.

### Büdingen Bash

Basketball and flag football tournaments will be held Sept. 11-12 at Büdingen's Armstrong Barracks. Cost is \$100 per team. Call mil 321-4737 for more information.

### Celebrity visit

Meet National Basketball Association star Muggsy Bogues of the Charlotte Hornets in Hanau Aug. 5, Giessen Aug. 6 or Wiesbaden Aug. 7 as part of the Army Europe Morale Welfare and Recreation Summer Shout Out program. Call mil 322-9617, 343-6384 or 337-5379 for details.

### Golf tournament

The 221st Base Support Battalion holds a Best Ball Scramble Golf Tournament Aug. 10 at Wiesbaden's Rheinblick Golf Course. The shotgun start is at 9 a.m. Cost is \$30 per person including greens fees, cart use, club, lunch and prizes. Bring a four-person team or

sign up as a single player and join a team. Call Maj. Jacob at civ (0611) 705-1580 or Staff Sgt. Grendziak at civ (0611) 705-5096 to sign up.

### Prenatal yoga offered

The Tony Bass Fitness Center offers Prenatal Yoga Tuesdays from 4:30-5:30 p.m. and Thursdays from 11 a.m. to noon. Sessions cost \$2. For more information call mil 337-5943 or civ (0611) 705-5943.

### Trainers available

Personal trainers are available at the Tony Bass and Dexheim Fitness Centers to help design a personal fitness program. Cost is \$35 per session. For more information call mil 337-5943 or civ (0611) 705-5943.

Baumholder's Rolling Hills Athletic Club on Wetzels Kaserne features personal trainer Edna Price who specializes in circuit training, interval training, step training, muscle toning and kickboxing. Call her at civ (06783) 186426 for information.

### Free fitness classes

The Friedberg Fitness Center holds free cardio kick aerobics classes Mondays from

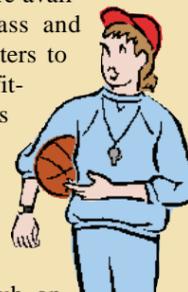
11:30 a.m. to 12:30 p.m. and a free interval class on Wednesdays from 11:30 a.m. to 12:30 p.m. Giessen's Miller Hall Fitness Center holds free spin classes Tuesdays and Thursdays from 5-5:45 p.m., ab-lab classes Tuesdays and Thursdays from 5:45-6 p.m. and strength and stretch sessions Tuesdays and Thursdays from 6-6:45 p.m. A free step interval class is held at Butzbach Elementary School Tuesdays from 7-8 p.m. and a free aerobic kickboxing class is held there Thursdays from 7-8 p.m.

### Reduced football tickets

The Darmstadt Diamonds football team invites U.S. ID card holders to their home games against the Munich Cowboys Aug. 7, the Franken Timberwolves Aug. 14 and the Allgäu Comets Aug. 28. All games will be played at the Darmstadt Bürgerpark, except the Aug. 7 game at the Böllenfalltor. ID card holders pay \$2 for entry. Games start at 3 p.m. Visit [www.darmstadtdiamonds.de](http://www.darmstadtdiamonds.de) for more information.

### Massage available

Massage by a certified therapist is available at the Community Activities Center and Tony Bass Fitness Center in Wiesbaden and the Dexheim Fitness Center. Call mil 337-5943, civ (0611) 705-5943 or civ (06133) 925 558 for details.



# Sports and leisure

## Belly dancing intro

An Introduction to Belly Dancing Workshop will be held Aug. 28 from 3-6 p.m. at the USO Cottage in Wiesbaden's Hainerberg Housing. Cost is \$9. Bring warm socks or isotonic slippers (no tennis shoes). Sign up at the Wiesbaden Shopping Center USO.

## Outdoor Rec trips

Giessen Outdoor Recreation offers trips to **Warner Brothers Movie World** Aug. 7, the **Czech Republic** Aug. 14, **Amsterdam and Six Flags** Aug. 21-22 and the **Oberhausen Mall** Aug. 28. Call mil 323-8282/8207 for details.

Hanau Outdoor Rec features a **white water rafting trip** Aug. 7-9, a trip to **Phantasialand** Aug. 7, a **Poland shopping trip** Aug. 20-22, a **canoe and camping trip** Aug. 21-22, a **Czech crystal and Asian Market trip** Aug. 28 and a trip to **London's Notting Hill Carnival** Aug. 28-30. Call mil 322-8891 or 6015.

## Play auditions

Hanau's Five Pfennig Playhouse features auditions for the "Little Shop of Horrors" Aug. 16-17 at 7 p.m. and "Snow White and the Seven Dwarfs" Aug. 23-24 at 7 p.m. Boys and girls in grades one to six are needed for "Snow White." Call mil 322-8031 for information.

## Medieval life

The Ronneburg Castle, located between Hanau and Büdingen, holds an archery and crossbow exhibition Aug. 7-8 and a depiction

# Things to do



Photo by David Ruderman

**La Clique Sur Mer** perform during 2003 Hanau Kultursommer festivities. This year they will close the show Aug. 16 at the Altstadt Schlosspark. See right for details.

of medieval life Aug. 21-22.

## Film Museum highlights

The German Film Museum in Frankfurt has extended its exhibition of "Oscars in Animation" through Sept. 26. The museum

will screen several classic animated films including "Antz" Aug. 12 and 14 at 6 p.m. and "Yellow Submarine" Aug. 17 at 8:30 p.m. and Aug. 19 at 6 p.m. Work of famed New York caricaturist Al Hirschfeld is on display through Sept. 26.

## USO adventures

Rhein Main Area USOs feature the following events in the coming weeks: **Rhein River Cruises** Aug. 7, 21 and 29; **Krakow and Wroclaw, Poland, Tour** Aug. 5-9; **Strasbourg City Tour** Aug. 7; **Legoland** Aug. 9; **Luxembourg City Tour** Aug. 14; **Evelin's Wellness Paradise** Aug. 14; **Holiday Park** Aug. 21; **Trier by train** Aug. 28; **Paris Express** Sept. 3-5; **Nürnberg by train** Sept. 11; **Oktoberfest Express** Sept. 18, 25, Oct. 2. Stop by your local USO in Wiesbaden, Rhein-Main or Hanau (has moved to Building 9 on Pioneer Kaserne) for details and to make reservations.

## Hanau Kultursommer

Hanau features a variety of summer-time entertainment, much of it free of charge. Upcoming events include: a **Spanish street parade** Aug. 7 at 8:30 p.m. at the Marktplatz; **several bands including Buddy and the Sharks and Susu Bilibi** Aug. 8 at 7 p.m. at the Philippsruhe Schlosspark; **Flamenco Rubio** Aug. 9 at 8:30 p.m. at Philippsruhe; **Die Steltzer** performing street theater on stilts Aug. 14 at the Altstadt Schlosspark; and **La Clique Sur Mer and fireworks theater** Aug. 16 at 8 p.m. at the Schlossplatz. For information and tickets call civ (06181) 997 7666, 285 555 or point your browser to [www.hanau.de](http://www.hanau.de).

# Take a hike

By Donald Seltzer  
Special to the Herald Union

A full list of volksmarching events around the 104th Area Support Group can be found on the ASG's web site at [www.104thasg.hanau.army.mil](http://www.104thasg.hanau.army.mil).



## Weekend of Aug. 7-8

**Heimbach/Nahe** — Wanderers will find an enjoyable walk midway between the Neubrücke and Baumholder with this event. From these two communities follow the unnumbered road that links them. From Idar-Oberstein take B-41 toward Birkenfeld and Neubrücke to pick up the road to Heimbach and Baumholder; alternately, take the unnumbered road along the training area perimeter toward Baumholder and follow signs to Heimbach. **Start: Besenbinderhalle Saturday: 6 a.m. to 2 p.m. (6, 10 and 20 km) Sunday: 6 a.m. to 1 p.m. (6, 10 and 20 km) Trails: Hilly, woods Award: From previous events.**

**Oberwesel-Langscheid** — This walk is between Bingen and Koblenz near the pretty Rhein River town of Oberwesel, itself worth a visit. Return home along scenic route B-9 and you'll pass through Bacharach which offers some great shopping. From Wiesbaden and Mainz take Autobahns 60 and 61 toward Koblenz and exit at Rheinböllen. Follow an unnumbered road through Dichtelbach, Erbach and Perscheid to Langscheid. **Start: Gemeindehaus Trails: Hilly, fields and woods Saturday and Sunday: 6 a.m. to 1 p.m. (5, 10 and 20 km) Award: Coffee mug.**

## Weekend of Aug. 14-15

**Mainz-Gonsenheim** — This walk is just north of Mainz. Take Autobahns 60 or 643 to the Mainz-Gonsenheim exit and follow IVV signs to the start.

**Start: Karl-Geib-Haus at Kapellenstrasse 44 Saturday and Sunday: 7 a.m. to 4 p.m. (5 km), 7 a.m. to 3 p.m. (10 km) and 7 a.m. to 1 p.m. (20 km) Trails: Flat, mostly stroller-friendly, woods, 10-kilometer trail briefly follows the shoulder of a busy road Award: Porcelain cup.**

**Tiefenbach/Hunsrück** — Wanderers from Idar-Oberstein should enjoy this walk due west of Bingen and south of Simmern. From Idar-Oberstein use B-41 toward Bad Kreuznach, B-421 toward Kirchberg and B-50 toward Simmern. An unnumbered road south of Simmern runs through Holzbach to Tiefenbach. From points east of Bingen connect with Autobahn A-61 toward Koblenz, exit at Rheinböllen and follow B-50 toward Simmern to pick up the unnumbered road leading to the start.

**Start: Wildburghalle Saturday and Sunday: 6 a.m. to 1 p.m. (5, 10 and 20 km) Trails: Hilly, woods Award: Stuffed toy cow guaranteed to be free of mad cow disease (no kidding).**

## Wednesday, Aug. 18

**Nieder-Wiesen** — This event is south-southeast of Bad Kreuznach and accessible via Autobahn 63 south of Mainz. Late start times make this a midweek possibility. Pick up A-63 southbound from Mainz toward Alzey, exit at Erbes-Büdesheim and follow unnumbered roads through Erbes-Büdesheim and Nack to the start. **Start: Sportheim Wednesday: 9 a.m. to 7 p.m. (5 and 10 km) and 9 a.m. to 5 p.m. (20 km) Trails: Fairly hilly, fields and woods Award: Neckerchief.**

## Weekend of Aug. 21-22

**Braunfels** — This walk is west of Giessen on the edge of the pretty Naturpark Hochtaunus. Texans may recognize the name — New Braunfels, Texas, was founded by German immigrants and is home to an annual Oktoberfest. From Giessen take B-49 west to Bahnhof Braunfels. A four-mile drive along an unnumbered road through town leads to the start in Philippstein.

**Start: Kultur- und Mehrzweckhalle Philippstein Saturday and Sunday: 6:30 a.m. to 1 p.m. (5, 10 and 20 km) and 6:30-11 .m. (30 km) Trails: Hilly, woods Award: Cloth shopping bag.**

**Rödermark-Urberach** — This walk is near Babenhausen in a pretty, forested area. It's easy to reach from Hanau and Darmstadt as well. Urberach is between Dieburg and Hanau on B-45. Take B-26 or Autobahn 3 to connect with this road.

**Start: Kultur- und Sportheim des KSV Urberach Trails: Flat and stroller-friendly, local neighborhoods, fields and woods Saturday and Sunday: 7 a.m. to 1 p.m. (6, 10 and 20 km) Award: From previous events.**

**Schiersfeld** — This event is south of Bad Kreuznach. Follow B-48 toward Kaiserslautern and connect with an unnumbered road at Mannweiler. A short drive leads to the start. From points east take the Wörrstadt exit of Autobahn 63 south of Mainz and B-420 to the B-48. **Start: Fest tent Trails: Hilly, woods and fields Saturday and Sunday: 6 a.m. to 2 p.m. (6 and 10 km) and 6 a.m. to 1 p.m. (20 km) Award: From previous events.**

## Wednesday, Aug. 25

**Langenlonsheim** — This midweek event is between Bad Kreuznach and Bingen. From Bad Kreuznach take B-41 and B-48 north to reach the start. From points east follow Autobahns 60 to Bingen and 61 toward Koblenz, exit at Dorsheim and backtrack a bit toward Laubenheim to pick up B-48. **Start: Langenlonsheimer Wald am Forsthaus Wednesday: 7 a.m. to 5 p.m. (5 and 10 km) and 7 a.m. to 4 p.m. (20 km) Trails: Fairly hilly, fields and woods Award: From previous events.**

## Weekend of Aug. 28-29

**Ehringshausen** — This walk is west-northwest of Giessen. Take Autobahn 45 to Siegen, exit at Ehringshausen and follow IVV signs. **Start: Volkshalle Saturday and Sunday: 6:30 a.m. to 1 p.m. (5, 10 and 20 km) Trails: Hilly, fields and forests Award: Model truck.**

**Kirchberg** — Enjoy the Hunsrück region's oldest town and one of Germany's most scenic areas at this event. From points east take Autobahns 3 or 67, then Autobahn 60 to Bingen and 61 toward Koblenz. Exit at Rheinböllen and follow B-50 and B-421 to Kirchberg. From Idar-Oberstein follow B-41 and B-421 north to Kirchberg.

**Start: Stadthalle Saturday and Sunday: 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) Trails: Somewhat hilly with a steep hill following the last control, neighborhoods, woods and fields Award: Pocket knife Note: Previous year's trails crossed or followed a number of local roads.**



# *Sports and leisure*

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