

# Hawaii MARINE SPORTS

Hawaii Marine C Section

April 12, 2002

## Old School needs no new tricks

Story and Photos by  
**Sgt. Roman Yurek**  
Sports Editor

Their regular season records were a mirror image of one another. Their IDs, paygrades and medical records couldn't be any more different.

Old School showed the young players of Dirty Third that, when it comes to intramural basketball, experience counts as they sent the strapping young lads back to school.

Both teams entered the Intramural

Basketball Championship game with 7-1 records. Dirty Third gave Old School their only loss during the regular season.

"If we play like last time, we will beat them," said Santonio Gilbert, a starting guard with the Dirty Third. "We have young age on our side, and they were all in the Over 30 League, so all we have to do is run them."

And Dirty Third did come out with running shoes on, but Old School was on their tail the entire game.

See CHAMPS, C-4



Santonio Gilbert, guard for Dirty Third, races down the court for a fast break. Dirty Third thought they could run Old School into the ground, but the experienced players of Old School forced Dirty Third to play at a much slower pace during the game.



Jeffrey Privott, forward for Old School and chief cook for CSSG-3, pushes past Santonio Gilbert, guard for Dirty Third, for a two-point basket.

## Dunking Devil Dogs rock Semper Fit court



Tony Rogers, a center from 1st Bn., 3rd Marine Regiment, attempts a right-handed jam, but the ball hit the back of the rim and soared toward the sky.

Story and Photos by  
**Sgt. Roman Yurek**  
Sports Editor

Many people fondly remember the days when Michael Jordan defied gravity and soared from the free throw line, 15 feet to reach the basket that was 10 feet above the floor. With his tongue dangling from his mouth, one of basketball's Hall of Famers successfully slammed the ball home.

This feat is hard to match. However, every year the NBA holds its slam dunk contest.

Perhaps, these men need to fear the high-flying Marines and Sailors of MCB Hawaii

Seven players signed up for the Slam Dunk contest. Each received the same rules: one minute to make one dunk.

Four judges gave them from a zero — for not dunking — to 10, for an outstanding slam.

After two rounds, the player with the most points would win.

With the Semper Fit Center gym packed with fans, the pressure of doing well in front of a large crowd added to the stress the players put on themselves.

As the players' legs became limber, their muscles transformed into springs that shot them high to the basket.

"This was tight," said Devaill McCoy, a guard for Combat Service Support Group 3. "They need to bring more events like this out here."

Even though some of the contestants needed a few extra tries to put the basket in the hole, they all seemed to enjoy competition.

In the spirit of teamwork — even after missing or the ball soaring past half court — play-



Kenzie Moore, a guard from 21st Dental's team, makes his first slam of the night.

See DUNK, C-4

## HQMC opens floods gates for new running program

**Sgt. Roman Yurek**  
Sports Editor

Everyday, at nearly every hour, Marines can be found running alone or in formation along the streets of MCB Hawaii.

The act of staying in shape may seem like the norm for many Marines, but for a select few, running spans from routine to a near obsession.

The Commandant of the Marine Corps, Gen. James L. Jones, recognized these athletes, and decided to take the abilities of the All-Marine Running

Team one step further.

On March 24, Gen. Jones announced the Regional Running Program through Marine Administration message 171/02. This program will identify competitive runners, provide training and coaching for them, and enter the teams in regional competitions.

All Marines stationed on any of the Hawaiian islands fall under the Hawaii Region. Farley Simon, a retired Marine and nationally known athlete, will coach these runners.

Simon is the only Marine to ever win the Marine Corps Marathon.

Marines interested in competing in the program can submit resumes to Steve Kalnasy, the varsity sports coordinator for MCB Hawaii.

Resumes must include all competitions entered in the past two years, the distance of the race and where the runner placed for that race.

Marines submitting resumes must abide by Marine Corps Order P1700.29, which can be found at [www.usmc-mccs.org](http://www.usmc-mccs.org), under "policy."

Also, all resumes must contain command endorsement to ensure that that Marine is available to participate on the

team if selected.

All costs for the team will be covered by Marine Corps Community Services. These costs include travel, per diem, entry fees and uniforms.

In the end, the Commandant intends this program to improve the performance of the All-Marine Running Teams at national and international competitions.

To find out more about the Marine Corps' Regional Running Program in Hawaii, contact Steve Kalnasy at 254-7590, or look for future articles in the *Hawaii Marine*.

## SPORTS BRIEFS

## Melee at K-Bay

The Enlisted Club is proud to host another night of fights.

Saturday the doors will be opened for anyone who enjoys boxing and desires to watch some of Oahu's top amateur boxers duke it out for supremacy in the ring.

The doors will open at 6 p.m. with the first bout starting at 7 p.m.

If boxing is not your favorite sport, then come out to support the Marines from Fighters Unlimited.

Last time at Rumble in the Tropics, this boxing club won three out of their four fights. Some of the Fighters Unlimited boxers are new to the sport.

Tickets can be purchased at the door for \$15.

## Splash Your Way to Fitness

Make a splash today and get ready for summer with Water Safety's Water Aerobics class offered at the base pool Tuesdays and Saturdays.

Classes are only \$2 per session, or purchase a \$15 coupon book (for 10 sessions) available at the pool.

This non-weight-bearing workout will sculpt and stimulate your entire body.

Water Aerobic classes are free for active duty military Wednesdays and Fridays from 11:30 a.m. - 12:30 p.m.

Water Safety is also accepting applications for ongoing children's swimming lessons.

For more details on the Water Aerobics classes, contact base Water Safety at 254-7655.



Photo courtesy of MCCC

All single servicemembers are invited to the first Shank and Slice Tournament of the year, scheduled April 26.

## Shank &amp; Slice I, 2002

Get teed off at the first Single Marine and Sailor Shank and Slice Golf Tournament, at 12:30 p.m. at the Klipper Golf Course April 26.

This is a scramble tournament and is open to all single, active duty military members.

The registration fee is \$22 for E-5 and below, and \$30 for E-6 and above. This fee includes green fees, a cart, sodas, pupus and prizes.

The prizes will be awarded on a blind draw.

Spaces are limited and anyone interested is encouraged to make reservations now.

For more information call 254-7593, or stop by the SM&SP office located in Building 219.

## Batter Up

Camp Smith is getting into full swing — with softball that is.

Camp H.M. Smith will host a Intramural Softball League beginning this May.

An organizational meeting is scheduled for Tuesday in Bldg. 9, Room 129 at noon.

All team rosters must be submitted to the Camp Smith Athletics Office no later than April 30.

A Spring Fling Softball Tournament is also scheduled at Camp Smith April 27 and 28 at Bordelon Field at 8 a.m.

Entry fee per 15-player team is \$150. Awards will be presented to 1st and 2nd place.

The Spring Fling Softball Tourney is open to all authorized military ID cardholders who are 18 years and older.

For more information regarding the Intramural Softball League, the Spring Fling Softball Tournament or any other sports at Camp Smith, call Angela Pittman at 477-0498.

## Base needs hockey players

The Intramural Sports division of Marine Corps Community Services is trying to start up a base Inline Hockey League.

Currently there are 15 people interested, but the league needs another 15 to 20 players to get started on base.

If enough people join, games will be played on the weekends.

All interested players must be able to provide their own equipment, such as sticks, helmets, skates and pads.

The league will be open to anyone 18 years old and older. All Marines, Sailors, family members and base civilian employees are welcome to join.

For more information on the league, contact Chief Warrant Officer Dubois at 257-1581 or 254-2088.

## Pool Closure

Recreation swim at the K-Bay pool has been temporarily interrupted until April 26 as the Marine Combat Instructor Water Survival School will utilize the pool from 5 - 11 a.m. and 1 - 5 p.m., Monday - Friday.

Swimming lessons will be moved to the Hill Top pool.

For more information, call Water Safety at 254-7655.

## All-Military Surfing Showdown Rematch

All Pipeline Masters, wax your boards and get ready for another surfing showdown at Pyramid Rock Beach April 27.

All military ID cardholders are invited to compete. XCEL, Honu Hawaii and RNR Surf & Ski are ready to reward the top performers in various categories.

Call Water Safety today at 254-7655.



Hawaii Marine Archives

## Base All Stars

**NAME:** Lance Cpl. Rich Rogers

**BILLET:** Food Service Specialist

**UNIT:** Headquarters Bn.

**POSITION:** Cross Country Runner

**TEAM:** All-Marine Running Team

**SPORT:** Cross Country

**HEIGHT:** 5'5"

**WEIGHT:** 132 pounds

• Rogers began his running career on his high school track team.

• Since his high school track days, Rogers has won many races. His biggest accomplishment was in 2002 when he made the All-Marine Running Team.

• Recently, Rogers competed against many of the world's top military runners in the 49th Annual All-Military World Cross Country Championships in Anatolya, Turkey, finishing in 36th place.

*"Running is a way of life. You devote yourself to it 100 percent, if you really want to be good at it."*

## Jack Burke and Art Wall Jr. both rallied to win a Masters

## John Gunn

Special to the Hawaii Marine

If Tiger Woods had been playing golf in 1956, could he have withstood the rally by Marine veteran Jack Burke Jr. who won the Masters?

And if Tiger had been playing in 1959, could he have withstood the rally by Marine veteran Art Wall Jr. who won the fabled green jacket?

As the classic tournament unfolds this week in Augusta, Ga., thoughts include last year's 2-stroke victory by Tiger over David Duval as well as highlights beginning in 1934.

Burke, besides a Hall of Fame career in which he won 17 titles, was an architect of one of the country's finest championship golf courses and has championed the purity of the game (he no longer considers members who have handicaps higher than 15), writes Adam Schupak of World Golf Village publications.

At The Masters, Burke rallied from eight strokes behind to win the green jacket.

Twenty-four year-old amateur Ken Venturi led by four shots heading into the final round but soared to an 80 on the

final day.

"There was a fifty-mile-an-hour wind. On the fourth hole, a par-3, I hit a driver and a 9-iron. The pressure that day was to not shoot a hundred," said Burke. "I shot 71, which was the low round of the day, and Venturi just couldn't make it [on] the back nine and he handed me the trophy. I thank him a lot for that."

Burke also won the 1956 PGA Championship back when the tournament was a match-play event, edging Ted Kroll, 3 and 2, in the final.

In 1957, Burke and fellow World Golf Hall of Famer Jimmy Demaret struck a partnership to build and manage The Champions Golf Club in hometown Houston.

Together, they built two courses — Cypress Creek and Jack Rabbit — that have tested golf's elite players over the years.

Wall, who died last year, won 14 titles, but only one major championship, the '59 Masters where at age 35 he birdied five of the last six holes for a 6-under 66 and one-shot victory over Cary Middlecoff.

An 11-foot birdie putt on the 72nd hole made Wall the first

champion in Masters history to take his first lead of the tournament on the final hole.

Gary Player in 1978 and Mark O'Meara in 1998 later duplicated that same feat.

The comeback, Duke golf captain Wall was five shots down with seven to play — is the fourth-best in Masters history.

In a 1990 interview with *The Augusta Chronicle*, Wall said winning the Masters "was a revelation to me. I lived a different sort of life. I had invitations here and there, and requests for appearances. I couldn't believe what happened."

In 1980, Wall helped create what would become the Senior PGA Tour. Wall and Tommy Bolt teamed up to win the Legends of Golf, which was for senior golfers only.

It was so popular that it encouraged the Senior PGA Tour to start operation later that year.

He also was known for making holes-in-one (45).

And during any Masters week, the name of founder Bobby Jones always pops up.

For example, CBS will present its annual one-hour documentary on the legendary golfer at 2:30 p.m. EDT Saturday.

From 1923-30, "a nation that

was truly embracing sports on an epic scale watched in awe as Jones won everything in sight," wrote AthlonSports.

"Then, having no more worlds to conquer, he walked away from competitive golf, at age 28 — no sports legend walked away at such a young age."

Jones' crowning achievement came in 1930 with his unprecedented Grand Slam.

That year, Jones "bore the incredible weight of expectations," AthlonSports said.

"Fans and media fully expected him to sweep the majors, which at the time included the

U.S. and British Opens and the U.S. and British Amateurs.

His run to the slam almost ended before it began, as Jones sweated out three one-up matches in the British Amateur.

He won the British Open by two strokes, then took the U.S. Open by a similarly slim margin.

"Only one leg was left, and it was the easiest. Jones waltzed to the U.S. Amateur Championship amid a contingent of Marine bodyguards, and the slam was his. Less than two months later, Jones retired from competitive golf, his legend secure."

## Sports Ticker

## Basketball

Shawn Brown - 92 points  
Curtis Tate - 87 points  
Devail McCoy - 60 points

## Slam Dunk Contest

Kenzie Moore - 116 points  
Kane Flowers - 99 points  
Tony Rogers - 96 points  
Kevin Small - 96 points

## Intramural

## Championship

Old School 74  
Dirty Third 62



Eddie Cheever Jr., a Red Bull Cheever Racing Team driver, watches his spotter for the go ahead to pull from the pits during the Indy 400 at the Fontana California Speedway. Several Miramar Marines were selected to take positions in the pit March 24.

## Marines feel need for speed in Indy pits

Story and Photos by  
**2nd Lt. Carolyn M. Nelson**  
 MCAS Miramar

**FONTANA CALIFORNIA SPEEDWAY, Calif.** — Corporal Leonard E. Uitenham, a communications and navigation technician, was selected to represent the United States Marine Corps and his squadron, Marine All-Weather Fighter Attack Squadron 121 (VMFA(AW)-121) "Green Knights," Marine Corps Air Station Miramar, Calif., at the Yamaha Indy 400.

Uitenham was invited as a promotion by the Red Bull Cheever Racing team, to thank the men and women serving in the armed forces.

"I appreciate what you do very much," said Eddie Cheever Jr., #51 Cheever Red Bull race car driver, addressing the Marines. "I think that very few people re-

alize what you do."

Cheever captured the pole position with a time of 32.5171 seconds, with a qualifying speed of 221.422 mph.

"I'm a racing fanatic," said Uitenham, a native of Jacksonville, N.C. "I'll listen to any race over the Internet."

Throughout the day, Uitenham and his guest, Staff Sgt. Matthew Bernard, Green Knights power line non-commissioned officer-in-charge, were given the VIP treatment.

Uitenham and Bernard received the opportunity to meet Indy drivers and tour their infield garages. Riding in a pace car at 110 mph with Indy legend Al Unser Sr. and working several positions in the Cheever Red Bull pits during the race were also privileges awarded to the Marines.

Uitenham assisted the Cheever Red Bull Racing crew during Eddie Cheever Jr.'s pit stops throughout the three-hour race.

Starting from pole position, Cheever led a total of ten times for 33 laps, often among a pack of cars separated by less than a second. Unfortunately, in the final laps of the race, while racing back and forth for the lead, Cheever experienced engine failure on lap 191 of the 200-lap race.

Uitenham admits that his first love is NASCAR but was impressed with Eddie Cheever Jr.

"Today was sweet," said Uitenham. "I now have a driver to follow in Indy."

For more information on the racing team, visit their Web site at [www.cheeverindyracing.com](http://www.cheeverindyracing.com).



Corporal Leonard Uitenham, a communications and navigation technician, VMFA(AW)-121, and Jim Iglehart, Red Bull Cheever Racing crew member, watch as the team's driver enters the pit at Fontana California Speedway.



Uitenham is interviewed by Jay Mohr, comedian and celebrity ESPN sports personality.

**CHAMPS, From C-1**

Their speed also put both teams in foul trouble early.

With only five minutes left in the first half, both teams were in the bonus shots due to excessive fouls. The younger players fouled more, but they still maintained a seven-point lead. That

lead lasted up until the final three minutes of the half when Old School closed the gap to two points.

With the score 26-24, favoring Dirty Third, the game was far from over. Old School players seemed tired from the first-half sprints up and down the court, but they gathered a second

wind at the start of the second half. Both teams came out showing no signs of fatigue or weakness.

Early in the second half, Old School closed the two-point gap, and gained a four-point lead.

The fouls that plagued Dirty Third allowed Old School to

take advantage of free throws with no pressure.

Gilbert fired back-to-back three-pointers late in the half and tied the game at 47. Yet, Dirty Third's sudden jump in scoring percentage was short-lived.

Mistakes accumulated. Those mistakes led to turnovers, which led to points for Old School. With three minutes left,

Old School held a six-point advantage.

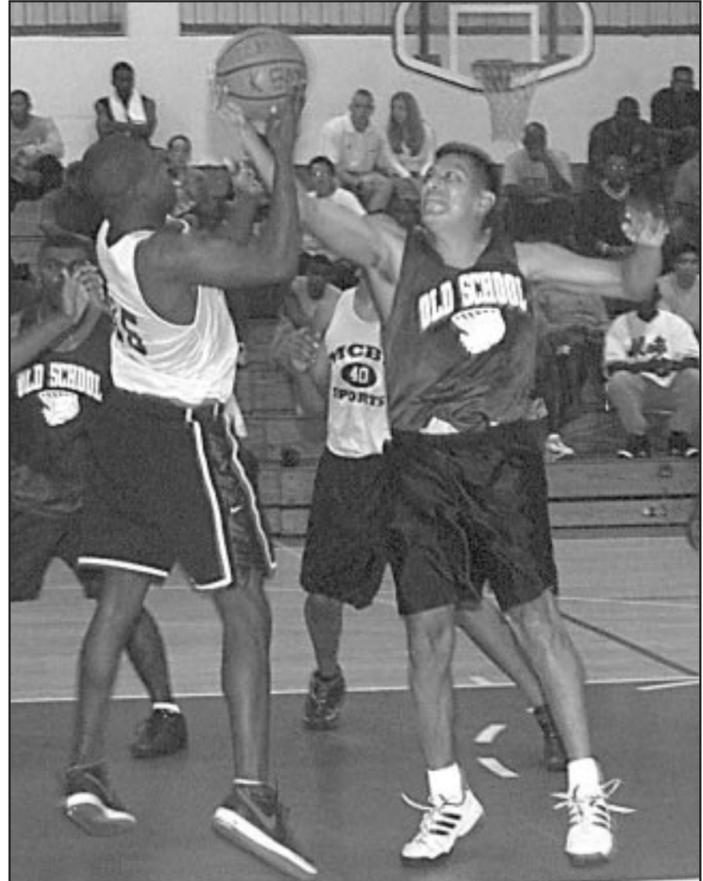
Fouls led to the demise of the young Dirty Third team and allowed Old School to shoot for the championship from the free throw line.

At the buzzer, it was Old School 74, Dirty Third 62.

Old School found their fountain of youth on the basketball court.



Even though Tony Rogers, center for Dirty Third, had the springs to get more elevation than Old School center Gregory Goodrich, neither of the players landed a hand on the ball.



William Davis, forward for Dirty Third, and Raymond Quintero, a forward for Old School, fight over a rebound early in the game.



Devail McCoy, a guard from Combat Service Support Group 3's team, soars through the air for a Jordan-like dunk.

**DUNK, From C-1**

ers quickly tossed their fellow contestants a ball so they would not lose time.

Kenzie Moore from 21st Dental Co., won the competition. Time was not a concern for him.

Kenzie not only made his two slams on the first try, but he also had authority behind them. After his dunk, all that was heard was the rim snapping back and the ball dropping to the floor below.

All these athletes did well and were motivated by this first time event on base.

Though they each successfully showed that floating in the air was not impossible, Moore was able to impress the judges enough to win.

After the gravity-defying antics of these Marines and Sailors was another competition.

This was the Intramural Basketball Championship game, pitting 3rd Marine Regiment's Dirty Third against Senior Marine's of Old School.



Curtis Tate, a center for Headquarters Bn., misses his second round dunk, but he still had time on the clock and eventually made his slam.

## HEALTH & FITNESS

# Feet-saving tips: Better shoes can save money, medical bills

### NAPS Featurettes

What absorbs 300 tons of force in a three-mile run? Your feet.

So, with 80 percent of Americans experiencing some type of foot ailment in their lifetimes, finding top-quality running shoes at an affordable price is key.

You don't have to pay a fortune to protect your feet.

In fact, if you're spending more than \$40 on running shoes, you may be spending too much.

"It's a myth that the higher the price, the better the shoe will feel on your feet," says Lisa Hanly, brand director for Brown Shoe Company, makers of Dr. Scholl's Shoes. "The human foot is a biological masterpiece made up of more than 185 parts, including 26 bones, 33 joints, 19 muscles and 107 ligaments. Multiply that by two, and the potential for injuring any given part becomes clear.

"That's why it's important for runners to find — not the most expensive shoe — but the shoe that best meets their needs."

Hanly offers these simple steps for finding the right running shoe:

- **Buy a running shoe.**

Sounds obvious, but many Americans injure their feet by running in basketball or tennis shoes.

Look specifically for running shoes that offer cushioning; the most preferable are ones with air soles and traction on the bottom.

- **Look inside.**

Make sure the insole has a deep heel cup and contoured, arch support. These elements offer additional motion control and improved stability that reduce "overpronation," or the inward rolling of the feet, causing undue stress.

Also, see if the shoe has an antimicrobially-treated topcloth to kill odor-causing fungus and bacteria on the insole.

- **Look outside.**

Does the shoe have supportive elements for added motion stability? Do the uppers feature mesh for breathability? Are there reflective accents for your safety, necessary when running at night?

- **Look underneath.** Air-pocket systems are best at absorbing shock and adding cushioned support. Make sure the sole has lateral and medial flex notches that add independent flexibility.

See if the front and back landing pads are made of high-mileage abrasion rubber, connected by a tough molded stabilizer between them.

Wearing shoes that fit properly can help you avoid such problems as lower back pain, shin splints, heel spurs, ankle sprains and stress fractures.

With so much riding on your shoes, doesn't it make sense to seek out the most expensive shoe possible?

"Not really," says Hanly. "There are some fine running shoes with all of the features listed above for less than \$40.

"Remember, it's not where you buy the shoe, or how much it costs, but how well the shoe feels on your feet."



NAPS

One final note: Good-fitting running shoes are great for everyday wear, as well.

# Dirtiest race on the island returns to K-Bay

Debbie Baker  
MCCS Public Relations

Hey Oahu, are you ready to Romp & Roll?

Marine Corps Base Hawaii challenges the entire island to assemble six muddy buddies and enter the 8th Annual Combat Service Support Group 3 Swamp Romp, Saturday, April 20 aboard MCB Hawaii, Kaneohe Bay.

The Swamp Romp is Hawaii's dirtiest obstacle course and team challenge.

The entry fee is \$90 and includes a Swamp Romp T-shirt. The first 225 six-person teams will be accepted.

Information packets may be picked-up at the Semper Fitness Center, Bldg. 3037, Thursday and April 19.

Entry forms may be obtained at nearly every Marine Corps Community

Services outlet.

Medals will be presented to the Swamp Romp teams who place 1st, 2nd and 3rd.

The Swamp Romp is one of nine athletic races that comprise the Commanding General's Semper Fitness Series on base.

Tenant commands competing in the Swamp Romp will be awarded Semper Fitness Points.

Mahalo to all of the Swamp Romp

5TH ANNUAL CSSG3



sponsors: Gatorade, Island Demo and Piranha Energy Drink.

The Swamp Romp obstacle course is organized by the Semper Fitness Department of MCCS.

All race proceeds enhance the quality of life for Marines, Sailors and family members aboard MCB Hawaii.

So, if you don't mind getting a little dirty, or you're just looking for something new to do, join CSSG-3, MCCS and MCB Hawaii for the 8th Annual CSSG-3 Swamp Romp.

For more information call Steve Kalnasy, varsity sports coordinator at 254-7590.



Photo courtesy of MCCS

Participants in a previous Swamp Romp get cleaned off by a sprinkler before heading back into more mud and grime along the course.