

Hawaii MARINE SPORTS

Hawaii Marine C Section

April 26, 2002

Oahu gets down & dirty at Swamp Romp

Story and Photos by
Sgt. Roman Yurek
Combat Correspondent

If a visitor were to ask one of the gate guards at the MCB Hawaii, Kaneohe Bay, gate, how to find Muddy Water's, Saturday, the guard would most likely direct them to the Obstacle Course vice the popular coffee shop out the back gate.

Upon arrival to the Boondocker Training Area visitors saw many people who looked like they were trying out for the next sequel of "Swamp Thing."

All the blood, sweat and mud on these competitors were part of the 8th Annual Combat Service Support Group 3 tradition called Swamp Romp.

More than 960 people showed up for the "dirtiest race on Oahu."

Groups dove through mud pits, scaled a steep mud wall, waded through chest-deep water, and ran for close to five miles.

"This is the fourth Swam Romp I have run in, and probably the most challenging one in its history," said retired Col. Michael Olson, former deputy commander for MCB Hawaii.

Teams started the race in 30-second intervals to avoid congestion at the various obstacles.

Along the entire course, teams were bombarded by the sound of gunfire from training aids used to give the event a military theme.

"I wanted to offer more excitement, more obstacles and an adventure taste," said Alan Clyne, the maintenance officer in charge for Landing Support Company, CSSG-3, and coordinator of the race.

The first test was near the Nu'upia Ponds, where teams had to crawl through the foul-smelling muck at the edge of the pond.

Then it was back to the O'Course to scale a wall and climb through a tunnel before heading back toward the ponds and over to Fort Hase Beach.

As teams ran past the beach, they headed toward the MCB Hawaii Range Training Facility. Instead of taking the road, like most normal people, these teams cut down a gravel road and ran along the crashing ocean waves.

The next obstacle for the teams was considered the most challenging portion of the race.

A wall of mud stood between the runners and the halfway point. With a rope dangling from the top, teams began working their way up the slippery cliff.

After the turnaround, it was all downhill. Teams were offered a chance to cool down and clean up in the water of Fort Hase Beach.

Their cleanliness was short-lived as



The mud wall was considered one of the most difficult obstacles during the Swamp Romp. Most teams sent one person up and over the wall to help pull up their fellow teammates over the slick surface.



Corporal's Course staff chant their way along the Swamp Romp route.

they went back through the ponds into another set of mud pits.

As teams approached the finish line, the mud was already hardening, turning participants into moving statues.

Alpha Company, 25th Infantry Division was the first place team, finishing the race in under an hour.

The Corporal's Course finished eighth overall. It was the fastest MCB Hawaii

team finishing in a time of 1:06:10.

"This gave the civilians a taste of what we go through for training and shows how hard our job is even when we are not at war," said Johnnie Finnell, a Corporal's Course Instructor.



Derrick Lamar looks to the top of the mud wall as his fellow Red Devil teammate, retired Col. Michael Olson (front) works his way over the edge.

Bakersfield Blitz rush the Hawaiian Islanders

Islanders lose first place position in the National Conference West Division of arena football



Cpl. Jason E. Miller

The Hawaiian Islanders arena football team plays at Honolulu's Neal Blaisdell Center.

Cpl. Luis R. Agostini
Marine Forces Pacific
Public Affairs Office

HONOLULU — Bakersfield Blitz quarterback Chad Elliott led the aerial attack with 267 passing yards and five touchdowns for a 52-32 victory over the Hawaiian Islanders April 13, before a crowd of nearly 3,000 at the Neal Blaisdell Arena.

The win gave the Blitz sole possession of first place in the National Conference West Division of the Arena Football league.

Although the Islanders started the game with a hot offense, the Blitz trailed by six points at halftime and blew it open in the second half, scoring 32 points and holding the Islanders to a mere six points.

Blitz offensive specialist Steve Wofford was selected the game's most valuable player. Elliott connected with Wofford on 13 passes for 132 yards and three touchdowns.

Blitz defensive back J. Sharlon Jones was the Defensive Player of the Game with three tackles, one assist, and two key pass deflections in the second half.

Despite the crushing defeat, Islanders' wide receiver/linebacker Sae Paogofie was named the Ironman of the Game, with three defensive assists and two receptions for 42 yards and one touchdown.

The Islanders hit the road for the first time this season April 20 when they faced defending AFL Champions Quad City Steemwheelers.

SPORTS BRIEFS

Shank & Slice I, 2002

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

This is a scramble tournament 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, so make reservations now.

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

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, the league will play 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 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.

All-Military Surfing Showdown Rematch

All Pipeline Masters, wax your boards and get ready for another surfing showdown at Pyramid Rock Beach Saturday at 7 a.m.

All military I.D. 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.

Batter Up

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

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

The Spring Fling Softball Tournament is scheduled at Camp Smith Saturday and Sunday 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 au-

thorized military I.D. 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.

Make Your Goals

Youth Activities is accepting applications for the Windward Community Federal Credit Union's Youth Soccer program now through Tuesday.

The season registration fee for Youth Activity members is \$30, \$40 for non-members.

For more information call 254-7611.

Sports Ticker

Swamp Romp

Overall

Alpha Co., 25th Inf. Div.	58:34
Team Leroy	58:57
Wolfhound Tac	1:00:33

Women Masters

Hula Girls	1:18:41
Master Blasters	1:25:00
Dirty Half Hozen	1:25:48

Women Open

Down and Dirty	1:15:53
HSL-37 Ladies	1:55:28
Easy Rider Ladies	1:57:00

Men Masters

Old Broncos	1:00:57
Team Hooyah	1:04:03
Corporal's Course	1:06:10

Young Men

Campbell Commandos	1:26:19
Da Pee Wees	1:33:39
No Ka Oi	1:35:14

Warrior

Alpha Co., 25th Inf. Div.	58:34
Team Leroy	58:37
Wolfhound Tac	1:00:33

Mixed

The Haoles	1:19:05
Joint Effort	1:20:49
Punahou Gold	1:21:15

Base All Stars

NAMES: (From Left) Sgt. Thomas Rios, Sgt. Johnnie Finnell, Sgt. Olga Esquivi, Master Sgt. Arthur Johnson, Sgt. Judah Crawford, Master Gunnery Sgt. Fernando Coelho and Sgt. Freddy Ortiz

TEAM: Corporal's Course

EVENT: 8th Annual CSSG-3 Swamp Romp

AWARD: Fastest MCB Hawaii Team

TIME: 1:06:02

- The Corporal's Course finished in 8th Place overall in the race.

- In the Men Masters Division, the team placed third.

- Many of the Marines said that wading through the deep mud pits and climbing the mud wall were the two most difficult aspects to the race.

- Corporal's Course runs this route once a month for the Director's Run.



Sgt. Roman Yurek

"This competition does bring unity to the workplace by encouraging each other."

—Sgt. Freddy Ortiz
Chief Instructor, Corporal's Course

Fighters Unlimited battles local clubs

Story and Photos by
Lance Cpl. Jessica Mills
Sports Editor

The MCB Hawaii, Kaneohe Bay Enlisted Club surged with excitement as competition got underway during another round of the "Melee at K-Bay," an amateur boxing competition between the base-affiliated amateur boxing club Fighters Unlimited and other local clubs April 13 at Leatherneck Square.

Fighters Unlimited's Richard Ransom, a firefighter with Aircraft, Rescue and Firefighting, 201, fought against Dustin Gasper, East Oahu Waimanalo Boxing Club.

Ransom put up a good fight against Gasper, lasting until the third round when the referee stopped the bout due to Ransom's fatigue.

"Gasper was a good opponent, and I'm satisfied with the fight even if I lost," said Ransom. "That's the way the sport is; you learn from your mistakes and keep trying."

According to Ransom, his opponent Gasper outweighed him by 27 lbs., but he was the only fighter available.

"I just wanted to fight," said Ransom.

Fighters Unlimited boxer Brandon Barnett, a radio technician with 2nd Bn., 3rd Marine Regiment, was one of the headline fighters of the competition.

Barnett, 165 lbs., competed against Randy Rivera, a local boxer. It was only Barnett's second match, but he was unstoppable.

Barnett stared his opponent down before the bell, as if the crowd and the referee had melted away leaving just he and Rivera.

"Fighting tests how big your heart is," explained Barnett.

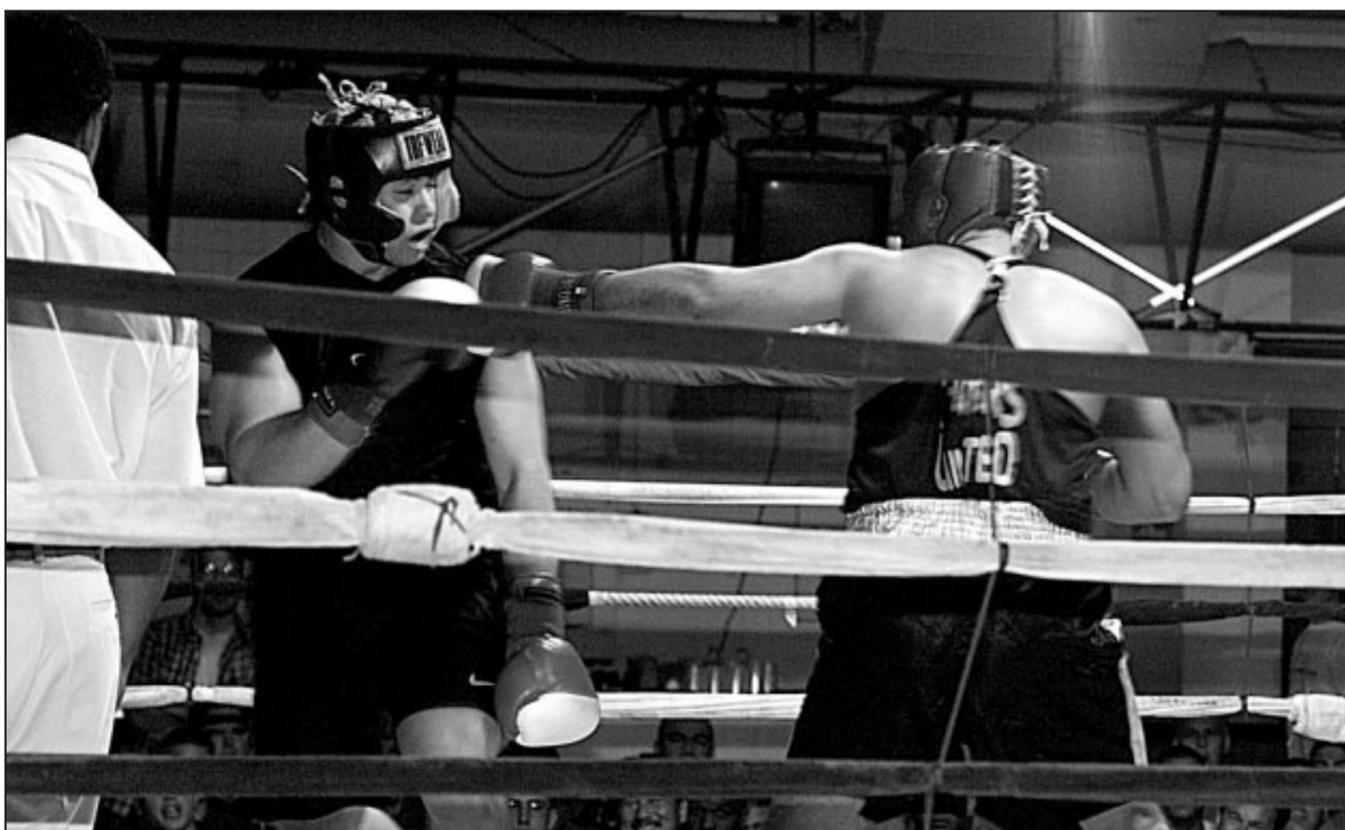
The referee stopped the match in the first bout when Rivera was knocked to the floor. As Rivera went down, the crowd went wild, screaming out Barnett's name.

"I'm real proud. Once you're in the ring, it's man to man. You have to work. Only the best man wins," said Barnett. "It's all about respect; there is nothing personal in it. It's all love after the fight is over."

The other star of the competition was Danny Gudger of Fighters Unlimited, a communication radio supervisor for 2/3.

Gudger, 185 lbs., was matched up against Shawn Boyle, of the East Oahu Waimanalo Boxing Club.

When the bell rang, Gudger went after Boyles with an unstoppable energy. Blow after blow, Boyles was hardly given a chance to defend himself, spending more time blocking Gudger's repetitive punches than



Richard Ransom, a firefighter with ARFF, throws a left jab at Dustin Gasper of the East Waimanalo Boxing Club. Although Gasper landed more hits to win the match, Ransom put up a good fight minutes before reporting back to work.



Fighters Unlimited boxer Danny Gudger, a communications radio supervisor for 2/3, stands above his opponent Shawn Boyles after a knockdown.

throwing any himself.

By the second round, the referee was forced to stop the fight due to repeated knockdowns.

The main event was Rian Torrence, a Naval aviation ordnanceman with Patrol Squadron (VP-)47 and the 178 lb. Champion of Honolulu.

Torrence fought Peter Costa Jr., 156 lbs., of the East Oahu Waimanalo Boxing Club.

Although Torrence put up a great fight and had a number of good hits against Costa, he spent the majority of the time blocking as well.

At the end of the match, the judges had to confer as the score was so close.

In the end Costa was announced as the winner.

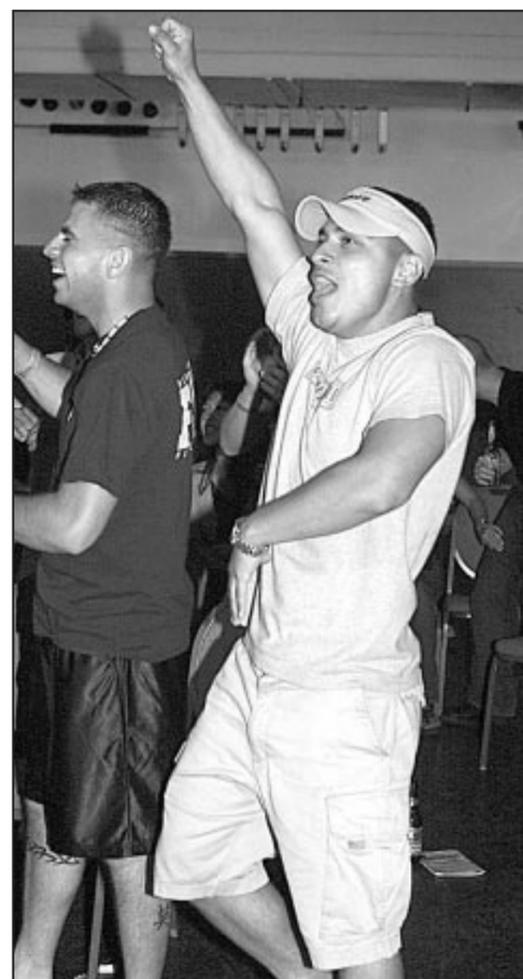
After the fight, Torrence was not happy with the way things went, but he kept a positive attitude.

"The golden gloves are in a month, so I'll just keep training and I'll have another chance then," said Torrence.

Jack Johnson originally ran the Fighters Unlimited Boxing Club, but fighter Richard Ransom will take over in May.

Ransom has many plans to improve and expand the club, including new equipment.

Those who are interested in training can contact Ransom at 257-3212.



Tony Rocha, a gunner with Charlie Battery, 1st Bn., 12th Marine Regiment, cheers as Barnett knocks down Randy Rivera to win the match.

'Eliminate the slice to gain greater distance'



Photo illustration by Sgt. Roman Yurek

The clubhead starts outside the target line and at impact cuts across the ball, producing side spin, resulting in a slice.

Todd Murata
Klipper Golf Course Manager

Two of the most common complaints by golfers about their game are "How do I get rid of my slice?" and "How can I get more distance?" Well, if you are one who slices the ball, I can help you with both concerns.

A slice produces a tremendous amount of backspin on the ball causing less forward roll. Therefore, if you are successful in ridding your slice, you will more than likely be successful in achieving more distance. A "slice" can be defined as a ball flight that moves or bends from left to right, and vice-versa, if you are a left-handed player.

Most players who slice tend to initiate their backswing with their hands. Several things happen when the hands control the backswing: Tension is created immediately, followed by the premature cocking of the wrists and the fanning of the clubface to an open position. This will break the arc in your swing, usually forcing the club head to move across

and outside the target line and making it almost impossible to square the club face to the ball at impact, leading to the slice.

How Do I Get Rid Of My Slice?

Concentrate on initiating the backswing with the shoulder turn, by turning your back to the target.

Your hands and arms should move in unison with the club. So think of your hands and arms as an extension of the club, and do not allow this extension to break or hinge until you near the top of your backswing.

How Do I Get More Distance?

Initiating the backswing with the shoulder turn, rather than with the hands, will produce a proper swing path. Maintain the arc in your swing and eliminate tension in the hands and arms. The outcome will be a straighter ball flight with less backspin, therefore, resulting in more distance.

Left — Notice when using only the shoulder turn how the left arm and the club extend into one another creating a straight line, and a wide arc.

Right — Hands, rather than the shoulder turn, are initiating the backswing, breaking the arc in the swing.

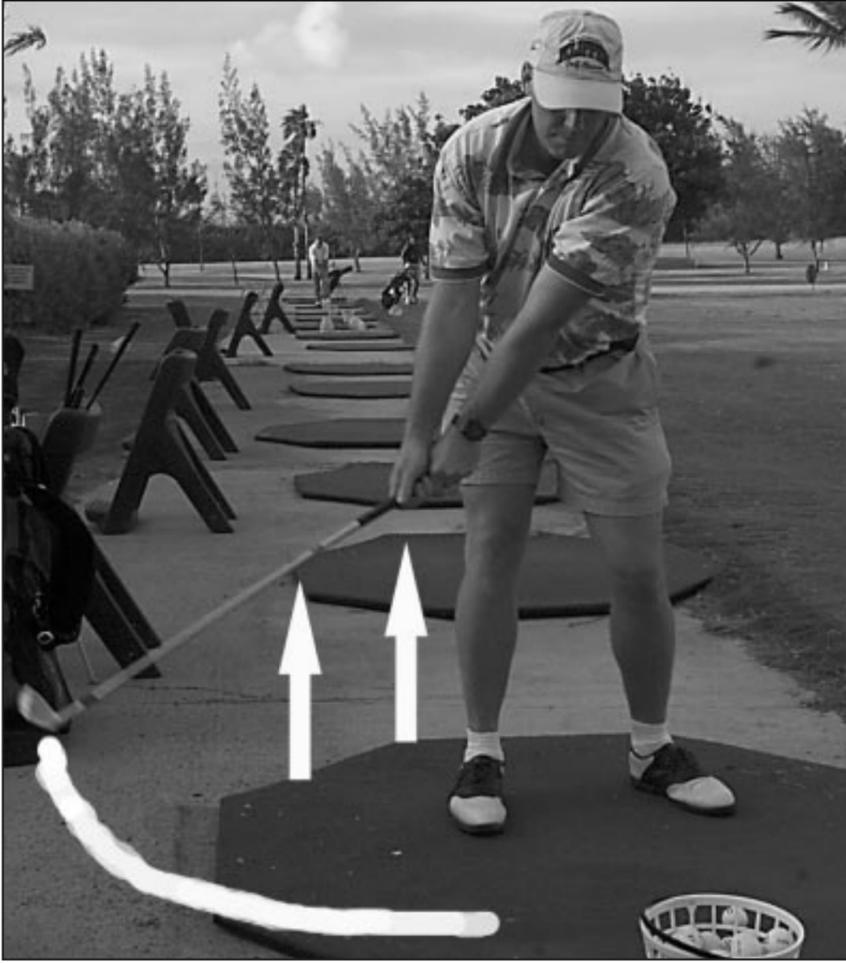


Photo illustration by Sgt. Roman Yurek



Photo illustration by Sgt. Roman Yurek

Youth volleyball serves the season opener

Lance Cpl. Jessica Mills
Sports Editor

Four teams from MCB Hawaii, Kaneohe Bay competed in the Indoor Youth Volleyball League season openers April 13 at the King Intermediate School gymnasium.

Kaneohe Bay has two teams competing in both the 9 to 10-year-old Mustang and 11 to 12-year-old Bronco divisions.

The season runs until June.

Mustangs

In the Mustang division, Kaneohe Bay Team One played a double header on opening day.

Its first match was played against the Kaneohe Pounders, with the customary three sets to determine the winner of the game.

The players were a bit nervous and still trying to work out their communication, said K-Bay One's Coach Suzanne Agae. The Pounders defeated K-Bay One two sets to one, 15-3, 9-10 and 13-9.

Kaneohe Bay One's second match was against its fellow team K-Bay Two.

The teams were very competitive and also played three sets.

The first set ended with K-Bay One ahead 12 to 4, but in the second set, K-Bay Two found its feet and put up a good fight, ending very closely with K-Bay One winning 13-12.

The final score was K-Bay One winning two sets and tying for the third.

"They were having a good time; at one point they had a volley going with three hits," said Agae. "They are learning the fundamentals and that is what is important."

Broncos

In the Bronco division, K-Bay One competed in a double header, while K-Bay Two played only one match.

Although both teams played very strongly, K-Bay One lost its first game to We Try, 14-1, 14-6 and 12-5, but the team improved with each set.

"The kids are still nervous in their first game. There are still lots of jitters," said K-Bay One's Coach Paepaeva Agae, telephone chief, G-6, Headquarters Bn., MCB Hawaii.

The team's second match was against K-Bay Two, which was playing its first game of the season.

Kaneohe Bay One showed lots of improvement in their second match.

Although it was K-Bay Two's first game, the players performed very well.

K-Bay Two won the first set with seven points, K-Bay One trailed by one point.

Kaneohe Bay One began to work together and won the match two sets to one, 6-7, 15-3 and 11-2.

"This game teaches a lot of coordination and teamwork, especially for the first timers," said Agae. "The kids are enjoying it and learning to interact with each other, a skill that comes in handy later in life."

The Police Activity League, run by the Honolulu Police Department, sponsors the league, bringing the playful beach sport onto a competitive court.

It is aimed at pulling kids off the streets and placing them into the courts to show them a new alternative, according to Officer Christina Luna of the HPD.

"It's a way to bring the community together. All the coaches are volunteers and here for the kids; we want them to have choices," said Luna.



Lance Cpl. Jessica Mills

Theresa Dew, 13, serves the ball for K-Bay One against K-Bay Two during the season opener.



Lance Cpl. Jessica Mills

Whitney Freeland, 12, bumps the ball back to K-Bay Team Two in the last set to help her team, K-Bay One, win the match.

HEALTH & FITNESS

Asthma and allergy essentials for child care

NAPS

Featurettes

Educating child care providers about asthma and allergies may help create a safer and healthier environment for many children.

During the last 20 years, asthma has become the second most chronic illness in childhood. Between 1980 and 1994, there was a 160 percent surge in asthma cases among children ages 4 and under.

More than one million of these children are in child care while their parents work.

Without national standards for asthma and allergy education or training for child care providers, many of these children may be in environments with child care providers who are inadequately prepared to care for their asthma and allergies.

Some may be denied access to child care because of their asthma and allergies.

In response to this concern, the Asthma and Allergy Foundation of America (AAFA) has been working with the U.S. Environmental Protection Agency (EPA) for the past two years to expand the reach of the Asthma and Allergy Essentials for Child

Care Providers program.

The course, developed in 1994 by the AAFA Maryland-Greater Washington, D.C. Chapter, educates child care providers in the care of children with asthma and allergic diseases by demonstrating ways to create a safe and healthy child care environment.

The course gives child care providers the tools and knowledge they need to care for children with asthma and allergies and provide a safe and healthy environment for children with these chronic conditions.

The course is taught by health educators, registered nurses, physician assistants, respiratory therapists and other health professionals and conforms to national guidelines.

When child care providers complete the course they receive a certificate of completion.

Parents and caregivers can mail a stamped, self-addressed business-size envelope to AAFA to receive a Child Care Asthma/ Allergy Action Card

It is also available to download for free from AAFA's Web site, www.aafa.org

Or caregivers can also call 1-800-7-ASTHMA for additional information.

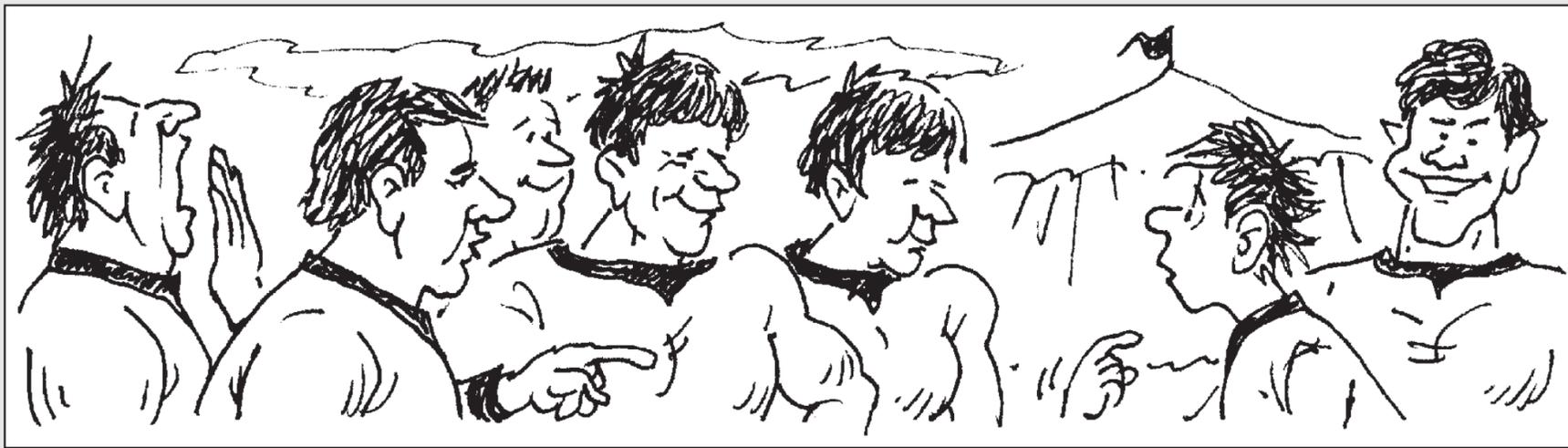
(Editor's Note: May is Allergy and Asthma Month.)



NAPS

More than one million children with asthma or allergies are in a child care setting.

Did You Know?



NAPS

In circus jargon, the acrobat who stands at the bottom of a human pyramid is called an understander.

The buck stops here

