

Hawaii MARINE SPORTS

Hawaii Marine C Section

December 13, 2002



Staff Sgt. Robert Carlson

The Army team left the goal wide open on several occasions, and the Navy team capitalized.

Navy dethrones Army in ice hockey challenge

Staff Sgt. Robert Carlson
Combat Correspondent

It may have been too soon after their Thanksgiving dinner for such an intense game, or they may have just not wanted it bad enough, but the Army and Air Force team lost its title to the sea services at the 4th Annual Army-Navy Ice Hockey Challenge Dec. 4.

The event was to benefit the youth hockey program at the Ice Palace in Honolulu, and fans for both teams filled the stands to watch Navy slaughter the defending champion Army 7-1.

The Navy team, made up of Sailors, Marines and Coast Guardsmen, got on the board first with a Jonathan Hitesman goal half way through the first period. The Army team, staffed with Oahu's soldiers and airmen, answered with a goal of their own 30 seconds later,

but that point would be the only Army score of the night.

Navy scored twice more inside the last two minutes of the first period, once with a combo courtesy of Anthony Sabatini and Stephen Kirkby, and again with a point by Gary Scheruing, assisted by Mike Merrell.

During the first intermission, the sons and daughters of the players competed in a kids shootout, where the sea service kids outscored the Army and Air Force boys and girls and clenched the win.

With a 3-1 lead to start off the 2nd period, Navy had the momentum to keep rolling over Army, and kept them from breaking out for most of the game.

While the majority of the action was near the Army net, the soldiers and airmen continued to try and breakout only to have each attempt squashed by a gang of sea service-

men, effectively shutting down their offense for the entire game.

Two more Navy points in the 2nd period, and two in the 3rd, nailed the coffin shut on Army, and the defending champions left the rink with some work to do before next year's match-up.

"We had better passing and better legs," said Mark Van Vlack, a Marine on the Navy team. "They had a tough time with their breakouts, and even when they did get away, they weren't able to get it in the net."

Van Vlack said the Navy team really came together well, considering most of the players hadn't worked together as a team except for during one practice before the game.

Most of the players on both teams participate in the Ice Palace's adult hockey league, and played this game not only for the competition, but as a fundraiser to support the youth hockey program in Oahu.

Kaneohe welcomes Special Olympics

"Let me win, but if I can't win, let me be brave in the attempt."

— Special Olympics Oath

Sgt. Alexis R. Mulero
Combat Correspondent

The world-renowned Greek philosopher Aristotle once said, "We become brave by doing brave acts."

More than 1,100 athletes displayed that type of mind-set while participating in the Special Olympics 2002 Holiday Classic, which was celebrated aboard athletic facilities at MCB Hawaii, Kaneohe Bay, and Hickam Air Force Base, Dec. 6 - 8.

The Holiday Classic is one of three state tournaments celebrated every year, and this marks the fifth time since 1997 that MCB Hawaii helped host the event.

"It's a great opportunity for us to give something back to the community," said Col. Richard Roten, deputy commander, MCB Hawaii. "The athletes in the Special Olympics are a lot like Marines. They have to be brave to participate in some of these events, and like all great champions, we like having them here with us."

Events such as the Holiday Classic provide year-round sports training and athletic competition in a variety of Olympic-type sports for persons with mental disabilities,

See OLYMPICS, C-3



Sgt. Alexis R. Mulero

Keone Trusdell, 16, is assisted by a family member and volunteers during the bowling singles competition at K-Bay Lanes, Saturday.

SM&SP hits the green at quarterly Shank & Slice



Cpl. Jessica M. Mills

Striker Thomas, staff noncommissioned officer in charge of Aircraft, Rescue and Firefighting, prepares to tee off at Hole 13 on the greens of the Kaneohe Klipper.

Cpl. Jessica M. Mills
Sports Editor

"Four!" shouted Striker Thomas, noncommissioned officer in charge of Aircraft Rescue and Firefighting, to sarcastically warn the group that shot ahead of him, as his junior Marine Christopher Gander, a crew chief with ARFF, teed off at Hole 13 at the Kaneohe Bay Klipper.

Thomas and Gander, along with 36 other K-Bay Marines, participated in the Single Marine and Sailor Program's quarterly Shank & Slice tournament Friday at the K-Bay Klipper aboard MCB Hawaii, Kaneohe Bay.

The 4-man scramble tourna-

ment had 10 teams participate, 26 E-5 and below and 12 E-6 and above. Sponsors included companies such as Subway, Maui Tacos, Taco Bell, Pizza Hut, Starbucks and many more.

The game was noncompetitive, although there were two competitions for the "longest drive" and "closest to the pin."

"It's a good program they run for us; it gives us a chance to get out of the office," said Robert Zill, an on-vehicle equipment NCO with Headquarters, Motor Transport, 3rd Marine Regiment.

Throughout the course of the day, senior Marines played and talked with junior Marines, and enjoyed each other's company.

"The Shank & Slice gives Marines some time together as a unit away from the monotony of the workplace," said Wayne Twaddell, SM&SP president and Sergeant's Course instructor. "But the only way to make it better is by participation and encouragement. Single Marines and Sailors need to get out of the office and utilize the program geared specifically for them."

Two teams tied for first place in the tournament with a score of 66, but since they were all Staff NCOs, the teams relinquished their prizes (one free round of golf each) in the true spirit of the

See GOLF, C-3

BASE SPORTS

Edward Hanlon V
MCCS Marketing

Super Bowl Winner To Be Selected

Who's ready to jet set to the Super Bowl? It could be you.

Find out during the Super Bowl drawing to be held Friday at 6 p.m.

Entries from all three clubs will be entered into one box, and winners from this drawing will be sent to Headquarters Marine Corps Community Services, for the final draw.

For more details, call Kahuna's at 254-7660.

Rocker Room Makes a Shot

Eight ball, anyone?

The Staff NCO's Rocker Room is hosting a pool tournament Friday beginning at 7 p.m.

All club members and guests are welcome to participate.

Call the Rocker Room for more details at 254-5592.

Youth Activities Fills Winter Break with Wonder

School is out for your little ones. What will they be up to?

Ensure your child will engage in more than video games and television. Reserve a spot now at both the K-Bay and Manana Youth Activities Centers for Winter Adventure.

This winter program is for children in grades K - 6 and activities include arts & crafts, games, sports, field trips and more.

A light breakfast and afternoon snack will also be provided; however, parents

will need to supply lunch daily.

The Winter Adventure program will be open from 7 a.m. - 5:30 p.m. A maximum of 30 children will be accepted at each location.

The registration fee will be determined by total family income.

The K-Bay Winter Adventure runs from Dec. 23 - Jan. 10, while the Manana program runs from Dec. 20 - Jan. 13.

For more information, contact the K-Bay Youth Activities Center at 254-7610. The Manana program can be reached at 456-1662.



Paintball Takes Aim

Let your "inner-predator" come out to play. Spend a day practicing your combat skills with Paintball Hawaii.

The field is open Fridays, by appointment only, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

Private games and birthday parties are welcome. Select Fridays are also available for training exercises and unit events. Make appointments must be made in advance.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds. For unit training, the cost is \$20 per person.

Players have the option of bringing

their own paint or buying it at the playing field.

For more details, contact Paintball Hawaii owner Roland Manahan at 265-4283, or the Single Marine and Sailor Program at 254-7593.

Fast Pitch Seeks Players

Intramural Sports Coordinator Joe Au is seeking command interest in fielding intramural fast-pitch baseball teams for January.

Interested military members should contact their sports representative, and the reps should e-mail Joe at Joe.Au@usmc-mccs.org

Rocker Room Rolls with Pigskins

Cheer on your favorite NFL football team every Monday night at the Staff NCO Rocker Room's Monday Night Football pigskin and pupu party.

Doors open at 4:30 p.m., and plenty of free prizes and pupus will keep you and your gang coming back for more.

A King and a Queen of the Quarter will be crowned and become eligible to win the regal recliner during Super Bowl Sunday.

Bowlers Strike at K-Bay Lanes

Bowling is back, and back "with attitude!" Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes.

Bowling leagues for youth, women, intramural and a Wednesday night mixed foursome are starting.

Also, check out Semper Extreme Bowling Fridays 6 p.m. - 1 a.m.;

Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m.- 1 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes features bumper bowling for keiki, a hearty snack shop, a pro shop and arcade. For more information, call K-Bay Lanes at 254-7693.



Single Marine & Sailor Program Offers Golf Discounts

Take advantage of the benefits the Single Marine and Sailor Program has to offer.

The Kaneohe Klipper has discounted prices for E-5 and below.

The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.

Two tee times on Saturdays and Sundays are reserved for the Single Marine and Sailor Program only.

The deadline for the Saturday tee-off is Thursday at 5 p.m., and Sunday's deadline is Friday at 5 p.m.

For more details, contact Leslie Graham, SM&SP coordinator, 254-7593.

The SM&SP Office is located inside Bldg. 219 aboard Kaneohe Bay

E-Club Hosts Sports Night

Don't forget that you can ease back at the E-Club every Monday night during its weekly "Sports Night."

For more information, call the Enlisted Club at 254-5592.

3D MAR HQ/CSC NCOA PRESENTS THE FIRST ANNUAL

3 on 3

X-MAS BASKETBALL TOURNAMENT

MILITARY/DEPENDANTS/RETIRED/CIVILIANS

AGES 15 AND OLDER...

ALL BENEFITS GO TO

TOYS FOR TOTS

SUNDAY DECEMBER 15TH @ 1500 SEMPER FIT GYM. MCBH. K-BAY

SIGN UP AT SEMPER FIT GYM

POINTS OF CONTACT

ROBLESRI@MCBH.USMC.MIL or LLANOSB@MCBH.USMC.MIL

Base All Stars

NAME: Major Jonathan Hitesman

UNIT: Staff Judge Advocate

BILLET: Acting director

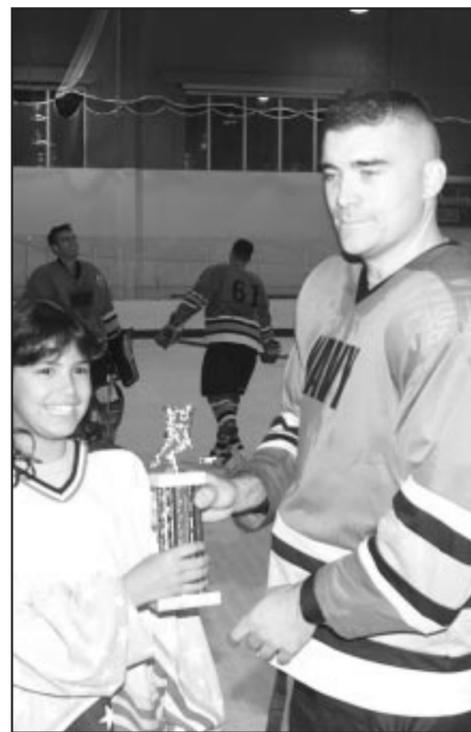
SPORT: Ice hockey

TEAM: Navy, Marine Corps, Coast Guard

POSITION: Team captain

- He was named Most Valuable Player in the 2002 Army-Navy Ice Hockey Challenge Dec. 2 and received the MVP trophy from 10-year-old Ice Palace trophy girl Alex Beck after the game.

- He scored one goal and had two assists in the Army-Navy Challenge.



Staff Sgt. Robert Carlson

"I just love this game. It's nonstop action, and it's a real physical sport. So, it's a great way to relieve tension."

COMMUNITY SPORTS

Bellows Hosts Outdoor Recreation

Just because summer is over does not mean you have to be a couch potato. Bellows Recreation offers plenty of outdoor activities.

Learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information, call Bellows Recreation at 259-8080.

Go Year-Round Camping at Bellows

Don't miss out! Bellows offers great climate for year-round camping. Pitch your tent at one of 60 wooded and oceanfront campsites all within a close walk to the best beach in Hawaii.

In addition to the rustic campsites and great weather, enjoy water activities such as bodyboarding, kayak-

ing and snorkeling. There is also plenty of time to go hiking, pitch horseshoes, play miniature golf, or to just sit back and relax.

No need to worry about bringing all of your camping gear. We offer a full line of camping gear rentals to meet all of your camping needs. Our camping kit includes one 6-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug all for just \$30 a day or \$154 a week (a \$56 savings).

Bellows Cabins Receive Safety Upgrade

Now it's available: quick, safe and convenient access to your cabin at Bellows! We are pleased to announce the installation of a new keyless entry system at Bellows beginning this month.

Adverse weather conditions coupled with salt water and sand from the ocean have caused accelerated deterioration of our cabin door locks. Maintenance and upkeep of these locks have become more frequent, time consuming and expensive. Our management is working to reduce these costs by implementing a new weather and climate resistant electronic lock system.

The programmable locks and keycards will provide

our guests increased security. Cards can be programmed to access only certain cabins at predefined times, giving management maximum control over security.

Guests will have added peace of mind, knowing only authorized people can gain access, at the right time and into the right cabin. In addition, lost keys can be quickly voided without the cost of full lock replacement.

Hike Oahu With HTMC

Join the Hawaiian Trail and Mountain Club Sunday at 8 a.m. as it hikes up Mt. Olympus in St. Louis Heights.

The 6-mile trek begins at the towering pines of Wa'ahila State Park. This trail provides a good workout as Wa'ahila Ridge climbs, drops and snakes to the Ko'olau summit.

Once past the Kolowalu junction, the trail narrows and the climb gets steeper with drop offs that urge caution.

Good weather will permit views of the Windward Coast and Honolulu. For more information, contact coordinator Grant Oka at 674-1459.

OLYMPICS, From C-1

eight years of age and older.

Throughout the weekend, the gifted athletes participate and entertained the volunteers and supporters of Special Olympics in basketball and bowling competitions.

"It gives our athletes an opportunity to show the public what they can do," said Nancy Botello, chief executive officer, Special Olympics Hawaii. "Our athletes highly respect military personnel, and it really excites them to see military members supporting them."

Marine Corps Base Hawaii also provided billeting accommodations and transportation for event participants to and from specific events aboard base.

"The Marine Corps has always been wonderful to us," said Botello. "We have a usual crew of Marine volunteers, and they're incredible. Thanks to them, this is the largest holiday classic event we

have done in the last 15 years."

The weekend's events were capped off with a dinner awards banquet and victory dance at the Enlisted Club.

"It's a humbling experience," said Sgt. Bernhard Lashleyleidner, a unit diary clerk with 4th Force Reconnaissance Co. "It's all about the athletes, and I love it."

"This was an opportunity to come out, be real, and high-five the kids. To see them smile and laugh just felt good," he added.



Sgt. Alexis R. Mulero

Lance Cpl. Jacob Abernathy, a team leader with Bravo Co., 1/3, honors 12-to-15 year olds who were winners during the bowling singles competition Saturday.

GOLF, From C-1

SM&SP and gave them to the lowest ranking team that had a score of 69.

Plus, the winner of the longest drive, Tom Gilpin, a survey chief with 1st Bn., 12th Marine Regiment, received a new golf club bag courtesy of the Golf Pro Shop at the Kaneohe Klipper.

There were four "closest to the pin" winners. Each of them received a coupon for one free 18-hole round of golf with a cart.

Also, following the tournament, SM&SP sponsored a small after-party offering pupus and sodas, where they conducted a blind draw for prizes. Every person who attended the after party won a prize.

"We need to try and put the word out about programs like these to our junior Marines," said Twaddell. "The Single Marine and Sailor Program is about quality of life."

We need to give them a chance to appreciate it."

The right size helmet can save lives, money

NAPS *Featurettes*

Like any piece of sports equipment, helmets for bicycling, blading or skateboarding must fit right to work right.

Fortunately, buying the right size helmet doesn't have to be an exercise in guesswork.

Bell Sports, one of the founding members of the Protective Headgear Manufacturers Association, recommends some time-saving tips for buying helmets.

First, measure the circumference of the head from one inch above the eyebrows.

In addition to buying the right size, look for a helmet with a "fit" system which allows a custom-fit to the shape of the head.

For example, the Smart Fit System in a Bell helmet will help keep the helmet positioned correctly on the head.

Second, determine which sports and activities the helmet will be used for. Bladers and

skateboarders need helmets with more protective coverage in the back of the head, since they tend to fall backwards more often than forward.

And third, give all helmets in the house a safety check by looking for cracks, dents, puncture holes, and missing or loose side buckles and chin strap bindings. These conditions can compromise the effectiveness of the helmet.

Once in the store, look for the Consumer Product Safety Commission's "CPSC" certification sticker on the package and the inside of the helmet. This sticker indicates that the helmet has passed the CPSC's safety standards.

Spending a few minutes preparing for a helmet purchase can save hours of time in return lines.

Helmet Sizes By Age

AGE	SIZE
0 - 5	19 - 20 ¹ / ₂ "
5 - 8	21 ¹ / ₄ - 22"
8 - 14	22 ³ / ₈ - 23 ¹ / ₈ "
14+	S/M = 22 ³ / ₈ - 23 ¹ / ₈ " M/L = 23 ¹ / ₂ - 24 ³ / ₈ "



Source: Bell Sports

Tendonitis causes and treatment vary

Health Awareness



Lance Cpl. Monroe F. Seigle

Private Bryan Keller, an S-3 clerk for Headquarters Bn., MCB Hawaii, stretches his calf muscle before a workout.

NAPS Featurettes

The Achilles tendon is the strongest tendon in the body, and it is in one of the most overused and underappreciated body parts — the foot.



Lance Cpl. Monroe F. Seigle

Stretching can prevent injury to the tendons of the foot and ankle.

Because the foot is subjected to great amounts of stress every day, it is prone to injuries. For example, while running, the pressure on each foot can be four times normal body weight.

The Achilles tendon is a thick, cord-like structure that inserts into the back of the heel bone. The tendons attach muscle to the heel bone.

A common Achilles injury is tendonitis, a condition that can significantly limit your participation in sports. Achilles tendonitis is an inflammation of the tendon. Symptoms usually include a burning pain or tenderness in the area two inches above the heel bone.

There are many causes of Achilles tendonitis, but the most common are training errors, calf muscle inflexibility and biomechanical abnormalities.

Training errors include increasing your workout intensity too suddenly or changing your running terrain too abruptly.

Inflexibility of the calf muscles can result from improper or inadequate stretching. This inflexibility can also be due to wearing high-heeled shoes that tend to shorten the tendon.

The Achilles tendon has a relatively poor blood supply, and this accounts for the long time these injuries often take to heal.

Early treatment is nec-

essary to prevent chronic problems. Initially, you should reduce or stop your sports activities for a time, and ice the back of your achilles three times a day for 15 minutes.

Using heel cups can help take the stress off the tendon, but be sure to place them in both shoes to avoid an imbalance that can lead to other injuries.

If your pain lingers for more than two weeks, seek the care of a podiatric physician for a more thorough evaluation.

For more details, visit www.apma.org or call 1-800-FOOTCARE. (Editor's Note: Locally, contact Preventative Medicine at the Kaneohe Branch Medical Clinic, 257-2131, ext. 316.)

SPORTS AROUND THE CORPS

'Microfit' eval tells individual fitness scores

Lance Cpl. Ben Slack
MCAS Iwakuni Public Affairs

MARINE CORPS AIR STATION IWAKUNI, Japan — The IronWorks Gym is now offering a free service called Microfit, where individuals can receive an evaluation of their body, overall health and level of physical fitness.

"The purpose of Microfit is to help service members get started on the right track to fitness," said Laura Kline, Semper Fit fitness coordinator.

"We evaluate the person and then we set them up on a pro-

gram to help them to achieve their goals."

There are many different reasons service members and civilians get their bodies evaluated.

"Some come with certain goals, and some just want to know where they stand when it comes to fitness," said Kline.

Microfit starts off with two appointments, the first consisting of a questionnaire on physical fitness, health history of the individual and the immediate family, and eating and personal habits. It also includes a physical examination that tests the person's entire body.

"Some come with certain goals, and some just want to know where they stand..."

Laura Kline
Semper Fit Fitness Coordinator

"We get the person's weight, body-fat percentage, bicep strength, flexibility, heart rate, blood pressure and endurance," said Jennifer Forbes, personal trainer.

The endurance portion of the exam is on a stationary bicycle

connected to a computer, and as a person pedals, the computers measure the heart rate.

The first appointment, including the questionnaire and physical exams, takes approximately 45 minutes.

"The second exam is when we

go over the person's goals and figure out the best way for that person to achieve his goals," said Forbes.

The Microfit program is offered to Marines at no charge. For civilians, there is a \$10 fee.

"I just want to get myself in better shape, and this is good starting point," said Pfc. James Hereth, Motor Transport mechanic. "I am anxious to see where my body is at and how I can get to where I want to be."

"We want to give them a plan to achieve the highest fitness and health level possible," said Kline.



Cpl. Kevin Hayner

Cherry Point Varsity linebacker Terrel Roundtree strips the ball from MCLB Albany quarterback William M. Magill.

Cherry Point football travels to MCLB Albany for a warm up

Cpl. Kevin Hayner
MCAS Cherry Point Public Affairs

MARINE CORPS AIR STATION CHERRY POINT, N.C. — The Cherry Point Varsity Tackle Football team took its high-scoring act on the road — south to Marine Corps Logistics Base Albany, Ga., to take on the MCLB Albany All-Stars in an exhibition game Nov. 23.

The varsity team improved its overall record to (8-0, 7-0), with a 46-20 thrashing of the MCLB All-Stars.

Varsity halfback Darius Griffen put on a show for the Albany fans, scoring three touchdowns on runs of 12, 22 and 37-yards. He ended the day with six rushes for 92-yards on the ground and three receptions, totaling 47-yards.

Varsity quarterback Willie Houser Jr. also had a good day with 141-yards on 10 for 16 passing with one touchdown and two interceptions. He also added 47-yards rushing.

"We came to play," said Houser. "We would take nothing less than a win."

Varsity linebacker Terrel Roundtree proved to be a dominating force on the defensive side of the ball for Cherry Point. He finished the day with a team-leading 12 tackles, terrorizing the All-Stars' backfield and putting pressure on the quarterback. Varsity defensive end Edgar Joe added seven tackles and a fumble recovery.

Of those tackles, three were sacks.

Varsity cornerback Mike Frazier recorded 10 tackles on the day.

The defense held the MCLB All-Stars scoreless in the first half, dominating the field and the game.

"We came out strong in the first half," said Varsity Head Coach, James Moore. "Our defense played



Cpl. Kevin Hayner

Cherry Point wide receiver Darius Griffen jumps high over a MCLB defensive back for this catch.

really well and the offense was clicking too. It just kind of came together."

Moore explained the purpose of the game as a warm-up for his team's upcoming run to the championship in the Camp Lejeune Intramural Eight-Man Tackle Football League.

"We've had almost three weeks without facing an opponent, and we needed to gauge our improvements from our last game," said Moore.

The team began the playoffs with its first game against 2nd Tank Bn. Dec. 3.

The varsity team has enjoyed a successful season so far, ending its regular schedule at 7-0, capturing the regular season title.

"With such a long break in between games, this was a great opportunity for us to play a good opponent and ready the team for the playoffs," said Moore. "Now we're ready for the next challenge."

Iwakuni's new IronWorks Gym pumps out major improvements

Lance Cpl. Ben Slack
MCAS Iwakuni
Public Affairs

MARINE CORPS AIR STATION IWAKUNI, Japan — The IronWorks Gym, formally known as the Main Gym, is making many changes to enhance the quality of life while engaging in physical activities.

Although the name of the gym has changed, it still offers the same opportunities and advantages as before.

The change of names was a major starting point in the enhancement of the gym. The name IronWorks came about in an unusual fashion.

"We had a 'name the gym contest,' and a lot of people in the community participated.

"We went through all of names, and that is how the name IronWorks came about," said Laura Kline, Semper Fit fitness coordinator. "The community really supports the gym, so it was not a surprise when we had a lot of names submitted."

The support of the gym comes with a lot of hard work by its staff making sure that it offers something for everybody.

"Anybody can find something that they enjoy at the gym," said Kline. "We have so many different programs and classes that people can participate in, and a lot of activities for people that want to come in and just do their own thing."

The Gym offers mar-

tial arts, aerobics, spinning and many other types of classes for people of all ages. The gym also features an Olympic-size swimming pool, three basketball and four racquetball courts, a fitness room that includes weights, treadmills, stair climbers, a wall climbing simulator and an abundance of other exercise necessities.

"We have received a lot of new equipment," said Kline. "Included in this new equipment are a lot of new cardiovascular machines and Body Master machines."

The Gym is not only improving the equipment but also the facility itself.

"We have repainted a lot of areas, and we also have new carpet," said Kline. "We want people to feel comfortable here, so we try to provide a nice atmosphere."

The IronWorks Gym is a great place to go to play basketball, go for a swim, learn martial arts, get into shape or pump some iron.

"I am glad that I have this type of facility available to me," said Pfc. Dyren Baldwin, of the Air Terminal Operations Center.

The gymnasium has worked very hard not only to improve the facility and the equipment, but also to provide a quality environment for everyone aboard the station.

"Iwakuni has been called the jewel of the Marine Corps," said Kline, "and we just want our gym to live up to that."



Marines win Kennedy Cup at JFK 50 miler



Courtesy of Marine Corps Community Services

All Marine Ultra Marathon runners competed in — and won — the John F. Kennedy 50-miler recently. The Marine Corps kept the trophy for a third straight year.

Brian Driver

*Personal & Family Readiness Division,
Headquarters Marine Corps*

HAGERSTOWN, Md. — The All Marine Ultra Marathon team competed in the John F. Kennedy 50-Mile Ultra-Marathon and won the Military Kennedy Cup for the third consecutive year.

The annual event was held Nov. 23 in Hagerstown, Md. The Marine team also finished 2nd overall in team competition.

The team was comprised of Lt. Blake Benke, MCB Camp Lejeune, N.C., (8th/6:44); Lt. Andrew Bartle, Marine Corps Air Station New River, N.C., (9th/6:52); 1st Sgt. Douglas Marocco, MCB Quantico, Va., (30th/7:38); Maj. Peter Poppe, MCB Camp Smedley D. Butler, Okinawa, Japan, (38th/7:52); and Lt. Col. Bill Wainwright, Camp Lejeune (54th/8:08).

Other team finishers included Gunnery Sgt. William Schmidt, MCAS Iwakuni, Japan; Gunnery Sgt. Kevin Cooper, MCB Quantico; and Col. John Jackson, office of the secretary of defense.

The JFK 50-Miler is America's oldest annual ultra marathon, dating back to 1963. The race route is one of the most famous in the sport of ultrarunning.

For more information about the All Marine Ultra Marathon team, contact the Headquarters Marine Corps Semper Fit Branch at (703) 784-9542 , or DSN 278-9542.



Courtesy of Marine Corps Community Services

The All Marine Ultra Marathon team poses with its 1st place trophies.

Kuwait boxing smoker relieves tension

Cpl. Colin Wyers

MCB Camp Pendleton Public Affairs

CAMP COMMANDO, Kuwait — “We who are about to fight, salute you!”

Those ancient words hailed the start of a boxing smoker Dec. 1 at the newly built boxing ring at Camp Commando, Kuwait, where I Marine Expeditionary Force units are deployed in support of Operation Enduring Freedom.

Twenty-one Marines and one soldier spent three minutes in the ring under a clear sky, trading blows in a match up designed to lift the spirits of both the participants and the spectators.

“We’re working around the clock, and this gives us an opportunity to stop working, have fun and relieve some stress in the ring,” said Sgt. Arbez Cruz, the Morale, Welfare and Recreation representative from the I MEF Headquarters Group.

Both those inside and outside the ring may not have known what to expect after the first whistle blew, but shortly afterward, spectators were cheering on their favorites and the fighters were landing blows in fast succession.

“I was scared of doing it, but afterwards, I knew I could do it again,” said Lance Cpl. John McClean, a participant in the first bout. “When they called ‘one minute remaining,’ it was exhilarating.”

Marines who stepped into the flat wooden ring were outfitted with gloves, pads and mouthpieces in order to keep the event safe.

“We had to do a lot of improvising,” said Cruz. “We did have the equipment to box with, but we needed to get more gloves, we had to go to [Camp] Doha to pick up some gear, [and] we had to find mouth guards.”

Although these precautions weren’t enough to keep some fighters from leaving the ring bloodied, ensuring the safety of participants was an important part of the planning for the event.

While the event was competitive, the participants didn’t hold any grudges



Photos by Cpl. Colin Wyers

Above — Army Lt. Angela Johnson (left), 26, from Detroit Lakes, Minn., lands a punch on Lance Cpl. Anna Bradley, 20, from Sacramento, Calif., during the boxing smoker Dec. 1 at Camp Commando, Kuwait.

Below — Lance Cpl. Jesse Butler (right), 24, from Thousand Oaks, Calif., levels a punch at his opponent.

afterwards.

Although the fighters were varied, including one female match up, organizers will be on the lookout for a more varied group of participants for the next smoker, which is scheduled for Jan. 1.

Those who stayed up in the stands during the last smoker are already clamoring to be in the ring during the next one.

“I’ve been approached by several Marines who are anxious to know when the next event is going to be,” said Cruz. “A lot of Marines didn’t want to be the first name on the list, but now everybody’s fighting to be on the list.”

