

# Hawaii MARINE SPORTS

Hawaii Marine C Section

June 13, 2003



Lance Cpl. Monroe F. Seigle

Second Baseman Ed Anderson takes a hefty swing and aims for the fence during the third inning of a game in the HASAC softball tournament at Hickam Air Force Base.

## Marines meet their match at Hickam HASAC

**Lance Cpl. Monroe F. Seigle**  
*Combat Correspondent*

Although the MCB Hawaii Softball Team showed some guts during the Hickam Armed Services Athletic Counsel Tournament against the Hickam Air Force Base Flyers, it turned into an all-out onslaught in the second half of the game with the Flyers pounding out run after run and defeating the Marines 28-16.

The Flyers started the game strong with a string of singles and a home run putting seven points on the board in the top half of the first inning leaving the Marines stunned by their awesome and powerful offense.

Although stunned, the Marines came back with some fury and tenacity in the bottom of the first to show the Flyers they had some of the same guts they showed in the top of the

first. After two base hits and a triple making the score 7-3 with the Flyers still in the lead, third-baseman Wil Castillo came to the plate and hit a three-run homer to cut the Flyer lead by one point. The Marines were not done with their vicious comeback yet. Pitcher Todd Crumley came to the plate and lined in two more runs to put the Marines on top 8-7 and brought the first inning to a close.

The Flyers rebounded in the second inning with a two-run homer to take the lead 9-8. They threatened to add more after loading the bases, but Crumley



Lance Cpl. Monroe F. Seigle

**Pitcher Todd Crumley aims for a strike during the HASAC baseball tournament at Hickam Air Force Base.**

and the awesome defense sent them back to the dugout leaving the three runners stranded at

the bases.

The Marines seemed to lose their spark in the bottom of the second managing to come up with two base hits but could not send them around the bases and the second inning came to a close with the Flyers still on top 9-8.

The Flyers followed suit in losing a spark in the third inning with a fly-out, a strike out and a pop-up, failing to add any more points to the board in the third inning.

In the bottom of the third, the Marines let their offense rear its ugly head again and warmed up the bats to score two runs when Crumley smacked a line drive into right field bringing in two runners to tie the score 9-8. Two base hits later, the Marines threatened to take the lead but failed after two pop-ups that produced no runs.

The fourth inning was proba-

bly the quietest inning of the game when only one run crossed the plate after a Flyer hit a solo home run to bring the Flyers back into the lead 10-9.

It wasn't until the fifth inning that the Air Force seemingly unleashed some weapons of mass destruction when their bats and batters came alive with two home runs and five base hits scoring seven runs and silencing the Marines with their brutal comeback. The fifth inning came to a close with the Flyers in total control of a 17-10 lead over the Marines.

The sixth inning was the last time the Marines were going to break the Flyer's defense. The Marines put up a fight for their life with two home runs and three base hits but still couldn't take the lead. The sixth inning came to a close with the Flyer's

*See HASAC, C-8*

## 9-year-old becomes sports fanatic, champion



Staff Sgt. Jesus A. Lora

**Timothy Castillo, a 9-year-old, competitive swimmer dives in head first, as he warms up for another day of training in preparation for the Kihei Aquatic swim competition.**

**SSgt Jesus A. Lora**  
*Training/Operations Chief*

When one thinks of leisure time with children they think of play station games, Spiderman, friends, and cartoons.

But for 9-year-old Timothy Castillo, the sight and sounds are too familiar with his way of life.

At Yokota Air base, Japan, when he swam with a team known as

the String Rays and won his first competition with them two years ago.

"It all started in Yokota, Japan" said Chief Warrant Officer 2 Joe Castillo, accounting officer, Comptroller Office, MCB Hawaii, Kaneohe Bay. "He has no fear of the water, loves to be outdoors and has the competitiveness of a team player and winner."

Timothy now trains three to four times a

week with the Pool Hawks, MCB Hawaii, Kaneohe Bay, and has been with the team for the last two years.

His latest achievement was placing first in the Punahou Aquatics Swim Competition this month.

"This competition was tough," said Castillo. He had to swim the 50, 100-meter breaststroke and beat the following times of 50:94, and 1:53:99.

Timothy came in with a time of 49:84 for the 50-meter, and 1:48:18 for the 100-meter. He was really proud."

This competition qualifies him for a swim meet in the Kihei Aquatic Center in Kihei, Maui, later this month.

"He will give his best and do just fine," said Judith Castillo, Timothy's mother. "I will support him and stand by his side as long as he loves what he is doing."

## Marines clench glory for the Corps at armed forces meet

**Marine Corps Community Services**  
*Press Release*

MCB QUANTICO, VA — In May, Marine athletes represented the Corps at numerous Armed Forces, national, and international sporting events on the wrestling mat, weightlifting platform, skeet range, cycling courses, racquetball court and in the boxing ring.

The Marine Corps wrestling team competed at the U.S. Open National Championships in Las Vegas, Nev., May 8-10. Seven Marine wrestlers earned All-American status by placing in the top eight in their respective weight classes. Sergeant Deon Hicks and LCpl. Jake Clark earned bronze medals in their weights and a spot on the U.S. national team.

The boxing team traveled to

Halifax, Nova Scotia, to do battle with Canada's Nova Scotia Elite Boxing Club May 27 to June 2. The boxing team's performance was led by Sgt. Ariel Ovalles second round knockout of Canada's Jahmal Richardson, and LCpl. Eric Canales being named outstanding boxer of the May 31 fights.

Corporal Justin Devereux, from the Navy and Marine Corps Appellate Review

Activity, Washington Navy Yard, clenched seventh place in the 2003 USA Weightlifting National championships, held in Chattanooga, Tennessee, May 16-19. Devereux competed in the 77 KG weight class, and performed a 107.5 KG "Snatch," and a 145 KG "Clean and Jerk" for a total lift of 252.5 KG.

Major S. Simpson (MCB Camp Pendleton), Sgt. Maj. C. F. Kreuzer (MCRD Parris Island),

and Gunnery Sgt. B. Cotter (MCB Quantico) led the Marine Corps at the Armed Forces Skeet Association's National Championships in Phoenix, Az, May 12-16. The Marine Corps clenched the Inter-Service five-man team event in the .410 gauge and placed second behind the Army in the 28 gauge, 20 gauge, and 12 gauge events.

*See GLORY, C-8*

# BASE SPORTS

## Edward Hanlon V MCCS Marketing

### Klipper Hosts Adult Golf Clinic

Need to work on the game a little? Join Leland Lindsay, a member of the Professional Golf Association, at the Kaneohe Klipper for a five-week golf clinic, beginning today and following every Friday from 5 to 6 p.m. Learn more about your swing, from long and short game, pitching, putting, golf etiquette and even the rules.

The class is limited to 25, and costs \$80.

Call 254-3220 for more.

### MCCS Hosts Youth Surf Clinic

The clinic will be held at Pyramid Rock Beach. Military family members ages 9-14 & 15-17 years of age can learn to surf with Marine Corps Community Services's Youth Activities on Saturday, from 9 a.m. to noon. Certain requirements are necessary for registration including a swim test. The swim test is

scheduled for today, at 5 p.m.

This is a great opportunity for youth to get supervised and qualified instruction for Hawaii's favorite pastime.

Call 254-7610 for more registration information.

### Marina Offers Sailing Lessons

The base marina is now offering introductory lessons to sailing.

Upon completion of the five-class course, patrons will be able to put their skills to work with one of the numerous sailboats on hand at the base marina.

The classes are designed for patrons who work during the day and are offered from 5 to 7:30 p.m.

Costs range from \$69 to \$99, depending on pay-grade.

Call 254-7667 for details.

### Intramural Leagues Battle

The Intramural Sports Teams are still battling every week to decide who's best. Softball goes every Monday, Tuesday and Wednesday at 6, 7, and 8 p.m. at

the Annex or Risley field.

Intramural volleyball goes every Thursday and Friday starting at 6 and 7 p.m.

Intramural 30 and over basketball goes every Monday and Thursday at 6 and 7 p.m.

For more information on either softball, basketball or volleyball, call 254-7591 or 447-0498 at Camp H.M. Smith.

### Marina Offers Equipment and Rentals

Spring into water sports at the base marina. Enjoy a day of sailing and sightseeing in one of its sailboats, powerboats — or for larger parties — one of the pontoon boats.

Rentals are available for sailing, water skiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level and for boat owners.

Two boat launch ramps are provided, as well as boat storage at the marina pier.

Everyone can enjoy a day by the bay at the base marina.

For more information, call 254-7667.

### Adventure Training Makes PT Fun

"Adventure Training" is designed to promote unit cohesiveness and enhance confidence in the water. It is a fun alternative to regular unit workouts.

Learn different water sports and conduct PT at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing, at no charge to all MCB Hawaii units.

Training and staff noncommissioned officers should call 254-7667 for more.

### Water Aerobics Makes Waves at Base Pool

For a change of pace, enjoy exercise with Water Aerobics offered at the base pool. At only \$2 per class, it's a cost-effective exercise program. Or, buy a book of 10 class coupons for only \$15.

Classes are offered on Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m., Tuesday evenings from 5 to 6 p.m. or Saturdays from 10 to 11 a.m.

To get more information or to have ask questions on aqua aerobics, call the Kaneohe Bay base pool at 254-7655.

### Semper Fit Offers Massages

Massage therapy by certified massage therapists is now available aboard MCB Hawaii.

The massage therapy program will help relieve mental

and physical fatigue, improve overall circulation and body tone.

For more information or to make an appointment to massage your pain away, call the Semper Fit Center at 254-7597, or 477-5197 at Camp H.M. Smith.

### Paintball Takes Aim

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

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

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.

To find out more, call 265-4283.

### Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents for Fitness program, a cooperative baby-sitting venture.

Participants must volunteer to baby-sit three times a month at the fitness center, and children 6 weeks and older may attend.

For more information about the child care offered, call Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.

## Base All Stars

NAME: Timothy Castillo

AGE: 9

SPORT: Swimming, Baseball and Soccer

SCHOOL: Mokapu Elementary School.

•Most recently competed and placed first in the Punahou Aquatics Swim Competiton, at the base pool aboard MCB Hawaii, Kaneohe Bay.

•He is currently training to compete in the Kihei Aquatic Center swim competition this month in Kehei, Maui.



Staff Sgt. Robert A. Carlson

*"I really like swimming and being in the water, plus I really like how warm it is here. It's better than Okinawa."*

## Intramural standings come in

### SOFTBALL STANDINGS

	WON	LOSS
1ST RADIO BN	17	0
CHRONICS FACILITIES	15	2
MESS HALL	12	6
HQBN	9	7
MCAF	9	7
1/12	9	8
MAG 24	9	8
CSSG-3 MAINT. CO	8	10
TEAM STOP LOSS	6	10
MFP BAND	5	10
VP-47	3	14
VP-4	2	15

\*Standing current as of 28 May, 2003

### VOLLEYBALL STANDINGS

	WIN	LOSS
MALS 24 SHAW	8	0
HQBN	5	2
MALS 24 AV-1	3	3
CSSG-3	3	3
1/12 - 1	0	5

\*Standings current as of 2 June, 2003

## COMMUNITY SPORTS

### HTMC Hosts Hikes and Climbs

Saturday at 6:30 p.m., the Hawaii Trail and Mountain Club is taking a trip to Ka'Iwa Ridge, and you're invited.

The club will ascend the ridge on a broad dusty road by moon light, sing love songs at the top, and enjoy the captivating ocean veivs silhouetted against the night skies.

For more information, call 596-4864.

### State Offers Free Recreation Classes

Education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoy the outdoors — not just hunters.

The next two-day session is today, from 5:45 - 10:15 p.m. and Saturday, from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.)

For more information on the class, call 587-0200.

### UH to Sponsor Camps for Youth

Future baseball players from 8 to 18 can attend the University of Hawaii baseball team's annual summer baseball camps, which are conducted by UH coaches and players, as well as other college and area high school coaches.

"I would like to invite you to our Rainbow Baseball Camp," said Mike Trapasso, head baseball coach. "It is a great opportunity to improve your skills in all phases of the game. The instruction will be in depth."

The June 23 - 27 Day Camp will cover all aspects of the game; the June 28 and 29 Pitching or Catching Camps and the July 5 and 6 Hitting Camp will focus only on those aspects of baseball.

Cost is \$175 for the Day Camp and \$110 each for the Pitching, Catching or Hitting Camps. The location of the camps is the Les Murakami Stadium on UH, and sessions will run from 9 a.m. to 4 p.m.

Camps are limited to 200 applicants, and each camper will need proper clothing (shorts may be worn): a hat, baseball glove for pitching and day camps, a bat for hitting and day camps, and catcher's gear for catching and day camps. Campers must provide their

own lunch.

For more information, call 956-6247.

### Bellows Hosts Outdoor Recreation

This spring, you can be awash in outdoor activities at Bellows.

You can 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.

Also, 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 details, call 259-8080.

### City Presents Program

Interested community groups, local businesses, schools and churches are invited to become part of the "solution to pollution" by becoming community stewards through the City and County of Honolulu's "Adopt-A-Stream" program.

The program is intended to promote environmental awareness and understanding about non-point source pollu-

tion.

Under the guidance of the Department of Facility Maintenance, interested groups that want to help make a difference in improving the water quality in the Ko'olaupoko area can receive certification to adopt their own section of stream and keep it free from litter and other pollutants.

Each approved group will get a sign displaying the organization's name, for posting by its section of the stream.

For more information on Adopt-A-Stream, call 527-5669.

### Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-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).

## SPORTS AROUND THE CORPS

# Marine Recruit Depot welcomes marathoners

**Cpl. Anthony D. Pike**  
MCRD San Diego

**MCRD SAN DIEGO, Calif** — Roughly 21,000 new recruits arrive at Marine Corps Recruit Depot, San Diego, every year and spend three months or more working toward their dream of walking across the parade deck as Marines. On June 1, it took mere hours for the same amount of people to realize their dreams of completing a marathon as they ran across the parade deck and crossed the finish line of the sixth annual Suzuki Rock 'N' Roll Marathon.

This is the third year the Depot

served as finish line for the Suzuki Rock 'N' Roll Marathon. The course began at the intersection of Sixth Avenue and Laurel Street in downtown San Diego.

Marines played a bigger role this year. In addition to opening the Depot to the public, Marines could be seen passing out water to the runners along the course, rousing patriotism at the starting line through music, and beginning the race as the official race starter.

First Sergeant Bruce H. Cole, company first sergeant, 2nd Bn, 5th Marine Regiment, just returned from Operation Iraqi Freedom and was selected as the official race

starter. After Cole started the race, he made his way to the Depot to talk to recruits about his experiences in Iraq.

This year's race attracted athletes from all over the world, bringing out the best runners. Kenyan male runners dominated the race this year as nine of the top ten finishers hailed from the African nation. Ondoro Osoro was the first male racer to cross the finish line at 2:09:38, only two seconds ahead of runner-up Peter Chebet. Joseph Kahugu finished out the top three at 2:10:06. All three runners come from

See *RUNNERS*, C-8



Marine Corps Recruit Depot, San Diego, was taken over June 1 as the finish line and finishing mile in the Rock 'n Roll Marathon. The parade deck was transformed into a place of celebration for marathon runners.

Lance Cpl. Edward R. Guevara Jr.

# Americans realize road to good health, weight loss is long

## NAPS

### Featuring

A recent Gallup survey shows 75 percent of Americans realize high-protein, low-carbohydrate diets may offer short-term results, but acknowledge weight-loss results from these diets are difficult to maintain long term. Additionally, 70 percent understand depriving themselves of foods rich in carbohydrates is not healthy.

While 63 percent of consumers agree complex carbohydrates are good for them and grain foods can help with weight control, more than half think bread and pasta—which are complex carbohydrates and grain foods—are fattening, when they are not.

In addition, according to the survey, more than 68 percent recognize the health benefits that bread and grain foods provide, including the fact they may help prevent heart disease, cancer, diabetes, and birth defects, as well as increase energy.



Lance Cpl. Monroe F. Seigle

**Running is a proven way to increase cardio vascular fitness. Here Marines from Weapons Co., 1st Bn., 3rd Marine Regiment, participate in the recent 3rd Marines 10k run.**

“Americans are confused about basic nutrition, especially the benefits of grain foods,” said Dr. Holly Wyatt, assistant professor of medicine with the Center for Human Nutrition at the University of Colorado Health Sciences Center. “Consumers need to know the facts about food staples, such as grains, and the integral role they play in a healthful

diet.”

Researchers at the University of Colorado, including Dr. Wyatt, collecting data for the National Weight Control Registry (NWCR) found most members achieved long-term weight loss success by fol-

lowing a low-fat, high-carbohydrate diet, including a variety of grain foods and reducing caloric intake, as well as exercising regularly. Another study, recently released by the U.S. Department of Agriculture (USDA) comparing low-carbohydrate and high-carbohydrate diets also found those who followed a high-carbohydrate diet were more likely to be in the normal weight range and consume more key vitamins and minerals.

“The research shows grain foods are a key part of the solution to long-term weight management,” said Judi Adams, M.S., R.D., president of the Wheat Foods Council. “It is important for Americans to learn the truth about grains and other healthful foods so they can stay on track for a long, healthful life.”

# Weight loss plan that loves your body

## NAPS

### Featurettes

When it comes to losing weight and keeping it off, the science is clear: take the easy way! Make easy changes that you can live with and sustain over the long term.

Reaching a healthy weight is about lifestyle and the everyday, sustainable habits that make up that lifestyle. The numbers on the bathroom scale can be a barometer of your progress, but they should not define it, advises Anne Fletcher, author of *Thin for Life*, a book that details how hundreds of people have lost weight and kept it off for more than a decade.

"It's important for people to start their efforts by setting a 'comfortable' weight goal for themselves," says Fletcher. "One in which you feel good physically and emotionally; one in which you do not have any medical problems (like high blood pressure) that are caused by your weight; and one where you don't have to starve or exercise fanatically to get there and stay there."

Once you have that weight in mind, the next step is to employ the everyday habits that will make a difference. The National Weight Control Registry (NWCR), which, like Fletcher, has tracked people who have lost weight and kept it off, has found they have similar habits.

- They are on the move. Many experts agree that physical activity is pivotal. In fact, some would argue that you cannot be healthy or reach a healthy weight without it. Studies show that simply taking the stairs

instead of the elevator and parking at the far end of the parking lot can significantly increase calories burned. For example, walking up 10 flights of stairs for one work week will expend 250 calories—that's nearly four pounds lost over the course of one year. This is a change that is easy and can be started today!

- Breakfast is big. Eighty percent of people in the NWCR — those who are most successful at losing weight and keeping it off — eat breakfast every day of the week. Ninety percent have it four or more days a week. And of the study participants who eat breakfast, 60 percent said they "always" or "usually" eat a bowl of cereal. In addition, women who frequently eat cereal also weigh nine pounds less, on average, than those who do not.

A recent study also shows that you could lose more weight by adding more calcium to your weight loss plan. Getting enough calcium in your diet seems to trigger the body to burn more fat and make it harder for new fat cells to form. It's smart to get at least the recommended intake of 1,000 mg of calcium per day from low-fat dairy products, calcium-containing plant foods and calcium-fortified foods and cereals like whole-grain Total.

- Fat is very much a part of the picture. The controversy over whether a high protein diet or a carbohydrate-rich one is better for weight loss has taken the focus off of fat. But, according to both Fletcher's group and those in the NWCR, fat is very much a piece of the



Staff Sgt. Robert Carlson

**Petty Officer 2nd Class Jesse Rivas, right, and Petty Officer 1st Class Mark Morrison, both structural mechanics at Executive Transport Detachment, Commander Patrol and Reconnaissance Forces, U.S. Pacific Fleet, use the treadmills at the MCB Hawaii Semper Fitness Center as part of their program to stay in shape.**

weight loss puzzle. Eating less of it is cited as one of the most important factors in keeping weight down. Part of the reason may be the sheer number of calories in fat compared to that of protein or carbohydrates (ounce for ounce fat has more than twice as much).

A Great Start Toward Total Nutrition-Stay motivated by keeping tabs on how you feel. Once you adopt these everyday habits, write down all the good things that are a result of them, such as more energy, better sleep and a better sense of self.

# MWR, Corps select Rookie of the Year

## MCCS

Press Release

MCB QUANTICO, VA — Dean Weidman, the Athletic Director at Camp Hanson, Okinawa, has been selected as the 2002 Marine Corps recipient of the Irving Rubenstein

Memorial Award, formally known as the MWR Rookie of the Year Award. The award was established to memorialize the example set by its namesake, Irv Rubenstein. The award provides an incentive for young managers to aspire to great achieve-

ment in military MWR early in their careers. According to Steven Rowland, Chief of Semper Fit, MCCS Okinawa, Japan. "Dean has surpassed all expectations of his performance and is a superb asset to the organization. He has quickly

progressed from a new manager to a seasoned managerial veteran and will undoubtedly continue his high level of performance and initiative." Award winners from all the Services were honored at the IMCEA awards banquet

## GLORY, From C-1

The skeet team finished second in the High Over All event, which is a compilation of the entire week's scores.

Maj. Kent Wheeler (MCB Quantico) and Major Jon Law (4th MAW), competed at the Armed Forces Cycling championships held in conjunction with the Elite Nationals in Spring City, Pa., and the Somerville Road Race, in Somerville, N.J., May 21-25. Wheeler took sixth for the military and 44th overall in the Elite

Nationals and Military time trials. At the Somerville Road Race, Wheeler finished 20th overall and was the top military rider. Law took seventh for the military and 47th overall in the Elite Nationals and Military time trials.

The U.S. Racquetball Association held their National Open Championship in Houston, Texas, May 21-26. Gunnery Sgt. Timothy Kirk (MCRSC Ft Worth) won the Gold in the Men's 'C' Division, while Maj. James Kostal (MCRSC Kansas City) did not place.

USA Wrestling announced that

Maj. Jay Antonelli (HQMC) will be this year's assistant coach for the US Greco Roman Wrestling team. Antonelli will be leading the US Team to the World Championships in Creteil, France, this October.

Each month, Marine athletes throughout the globe continue to represent the Marine Corps in the athletic arena. Often the amount of training behind the competition is unseen by most. Marines are fine tuning their bodies and skills in order to perform their best in hopes of wearing the "Eagle Globe and Anchor" on an Olympic podium.

## RUNNERS, From C-3

Kenya.

On the female side, nationality was not as dominant as in the men's race. Six countries were represented in the top ten finishers. Irina Bogacheva of Ukraine crossed the finish line at 2:29:52 followed by Fatuma Roba of Ethiopia at 2:30:26 and Svetlana Demidenko at 2:30:34. America was not represented in any top 10 female finishers.

The top three finishers for males and females were awarded with Suzuki merchandise and

prize money for their efforts.

Several Depot Marines also competed in this year's Suzuki Rock 'N' Roll Marathon. Master Sgt. Jeffrey Burnham, Depot equal opportunity advisor, completed his second Rock 'N' Roll marathon at 4:37:52 almost mirroring his run time from last year.

"It was a good day to run," said Burnham. "I knew the course and knew what to expect. I was better prepared this year."

Race organizers agreed that it was a good day to

run, and also to watch.

"This year's race was outstanding," said Susan Reid, public relations, Suzuki Rock 'N' Roll Marathon. "It keeps getting better. We probably had more spectators this year than ever before."

Some runners view the marathon as a life long goal. For others, it's a test of how far one can push themselves.

"I am an endurance nut," said Burnham. "I like to see how far I can push myself. I also run to stay in shape, being a Marine and all, we have that high standard."

## HASAC, From C-1

confidence high and the Marines frowning at being one run behind their powerful hitting opponents.

The Flyers finished the game strong putting 11 more runs on the board and dancing all over the Marines defense. It wasn't a pretty site at all. Nine base hits and two doubles made the bases look like a revolving door at a department store two days before Christmas as the Flyers finished the game with an amazing 28-16 win over the Marines.