

LIFESTYLES



Makani McDonald carves into a wave while surfing during the surf showdown at Pyramid Rock Beach Saturday. McDonald won the 31 and older class.



Judges watched and scored the surfing skills from the lifeguard tower at the beach.

Wave riding showdown at Pyramid Rock Beach

Story and Photos by
Lance Cpl. Jason E. Miller
Combat Correspondent

As the sun came up over the beach at Pyramid Rock aboard MCB Hawaii, Kaneohe Bay, Saturday, many of the surfers who were to

compete in the impending competition stood ready to start.

The Pyramid Rock Beach All Military Surf Showdown kicked off at 7 a.m., and competitors of both surfing and body boarding were ready to compete.

More than 70 military members and their dependents representing all branches of military service competed in the contest of style and skill upon the breaking waves.

There competitors were divided into nine different classes to separate them by age and skill level.

The turbulent waters off of the beach proved to be an excellent testing ground of the skilled riders who were competing.

The waves were peaking at about four feet on good sets and the surfers were making excellent use of the curls to show their stuff in front of the event's judges who were perched in the lifeguard tower.

Many surfers stuck around after the competition for some recreational wave riding at Pyramid Rock Beach.



John Kauffman hangs on to one of the waves he surfed during his heat of Saturday's surf contest at Pyramid Rock Beach. Kauffman won the men's longboard competition.

All Military Surf Showdown Winners

Youth Surfing 14 & under:
Kevin Barr

Youth Bodyboard 14 & under
Heinz Scheaffer

Youth Surf 15 - 19 years old
Daniel Mateik

Women Longboard
Jan Demetropolis

Youth Bodyboard 15 - 19 years old
Joseph Dew

Mens Bodyboard
Roy Sanchez

Mens Longboard
John Kaufman

Mens Surf 18 - 30
Eddie Neville

Mens Surf 31 and up
Makani McDonald



Spectators watch these masters of the waves try to take top place in their category during the competition.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

MARCH

Today

Base Library Exhibit — The exhibit "Black Women: Achievements Against the Odds," will be on display today through March 15.

This exhibit will focus on 100 black women from various areas in science, politics, humanities and more.

For more information on this or other exhibits,

contact the Base Library at 254-7624.

Friday Night Pau Hana Party — All staff noncommissioned officers and their guests are invited every Friday night to the Rocker Room for Dance Party featuring DJ Brian.

Guests will enjoy free pupus from 5 – 7 p.m. The billiards and dancing continue until 1 a.m.

For additional details, call 254-5592.

2 / Saturday

Welcome back WestPac — Are you a Staff NCO or civilian equivalent? Are you a member of the Staff NCO Club?

If you like parties, dancing, billiards and great food, the Staff NCO Rocker Room is where you need to be.

All Staff NCOs are invited to attend the "Welcome back WestPac" party, Saturday from 6 – 8 p.m. inside the Fairways Ballroom.

Local musicians "K-Bay Kane" will perform.

All club members who bring a guest who sign up for membership will receive a "Lucky Number Ticket." Club members may rack up many Lucky Number Tickets to enter a drawing for big prizes.

The party continues in the Rocker Room as DJ Brian takes over the party reigns from 8 p.m. – 2 a.m. Now, the Staff NCO

Rocker Room allows potential members to "try before they buy." For more Rocker Room information, call 254-7570.

Club E hosts American Wrestling — Starting at 7 p.m., patrons will get an adrenaline rush with an all-star wrestling lineup featuring Wolfen, Taylor, Allblack and Royal.

Tickets are \$5 at the door. For more information, call the E-Club at 254-7660.

LINKS Team Leader Sought — The LINKS organization is accepting resumes for a team leader. This is a voluntary position that will assist LINKS in mentoring military spouses.

All resumes must be submitted to Personal Services, Bldg. 216, no later than close of business Saturday. For a complete list of job duties, call 257-7790.

4 / Monday

Double Coupon Day at the 7-Day Store — All patrons may bring in their coupons to receive double savings at the 7-Day Store.

Some restrictions may apply; see store for details. Call 254-7645, for more information.

5 / Tuesday

Free Parenting Classes — If the stork is planning

to bring you a bundle of joy soon, don't miss the two-day child preparation and child birth workshop, "Dad's Baby Boot Camp and Mom's Basic Training," Tuesday and Wednesday from 8:30 a.m. – 4 p.m.

Reservations are required.

To sign up or for more information, call 257-8803.

7 / Thursday

New Arrival Orientation — Get "In-the-Paradise-Know" during the New Arrival Orientation at the Base Theater from 7:30 – 11:30 a.m., all newly stationed military personnel and family members.

More than free coffee and donuts, this welcome brief introduces patrons to a plethora of base and MCCS resources and networking services.

For more information, call 257-7788.

8 / Friday

NCO Appreciation — For the countless orders they carry out and for the various ways in which they make you shine, they certainly deserve some recognition.

All Staff NCOs are encouraged to bring their NCOs to NCO Appreciation Night at the Rocker Room, from 4 – 6 p.m.

Get out of the shop and head for the Rocker

Room's NCO Appreciation Night to enjoy plenty of free pupus, drink specials and billiards.

For more information, call 254-5592.

11 / Monday

Transition Assistance Program — All Marines and Sailors separating from the service must attend this seminar, March 11 – 14 at the Base Theater. Spouses are welcome to attend.

For more information, call the Career Resource Center at 257-7790.

19 / Tuesday

Spring Community Aloha Fair — All base residents are invited to the annual Spring Aloha Fair inside the Enlisted Club Ballroom from 5:30 – 7:30 p.m.

Inside this Information Expo, guests will have an opportunity to meet their new neighbors, discover a variety of on and off base business services, win fabulous door prizes and enjoy free, delicious Aloha Fair pupus.

Be sure to watch for your mailed invitation.

For more information, call 254-7653.

Batter Up — Camp H.M. Smith is getting into full swing, with softball that is.

Camp H.M. Smith will host a Softball Intramural

Softball League, beginning this May.

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

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

For more information regarding the Intramural Softball League, call Angela Pittman at 477-0498.

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

The 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 Spring Fling Softball Tournament, call Angela Pittman at 477-0498.

All-Marine Athletics — Any Marine interested in trying out for the All-Marine Triathlon, the Armed Forces Cycling Team or the Armed Forces Skeet Championship should contact the Semper Fit Athletic Office.

For further details regarding command sponsorship and resume requirements call 254-7590.

SM&SP



All events are open to single, active duty military. The SM&SP Office is located in Bldg. 219. Call 254-7593, for more about events.

Program Review

Saturdays: Oceanside Paintball lets your "inner-predator" come out to play on Saturdays from 9 a.m. – 4 p.m. and Sundays, noon – 5 p.m.

Call for equipment rental fees.

March 12 - 15: Participate in the March Madness 3-on-3 Basketball Tournament at the Main Gym from 11 a.m. – 1 p.m.

Double elimination applies, cost is \$8 per team, and awards will be provided for 1st and 2nd place. Registration forms are available at SM&SP.

April 13: The Spring Flag Football Classic will take place from 9 a.m. – 5 p.m. at Pop Warner Field. Teams will be 10-person with two subs, and cost is \$15 per team. Registration forms are available at SM&SP.

SM&SP Benies

- At the Klipper Golf Course: free range balls, club rental at \$5 and 18 holes for \$8.

- At K-Bay Lanes: Bowl at \$1.50 per game, Mondays through Thursdays, before 5 p.m. Get free shoe rental Mondays through Thursdays and enjoy the No-Tap Program for \$15 on Thursdays at 8:15 p.m.

- Sergeants and below see the second show of Friday & Saturday movies — free.

- Enjoy 30 minutes of Internet access at the Base Library.

MCCS Guide available, lists numbers

Debbie Baker
MCCS Public Relations

Boycott the yellow sticky notes. Toss your ever-growing pile of scribbled phone numbers. Marine Corps Community Services offers a better method to keep a record of pertinent phone numbers and hours of operation — The Guide.

The MCCS Guide 2002 is a free, mini-phone book featuring a comprehensive directory of activities and services for both MCCS and on-base businesses.

Patrons may pick-up their free copy of the MCCS Guide at any MCCS outlet.

New residents will appreciate the guides' inclusion of both MCB Hawaii and Camp H.M. Smith maps, as well as a history of MCB Hawaii, emergency phone numbers, frequently called numbers and community agencies.

For fast, convenient, comprehensive information, the only "411" you need is the MCCS Guide 2002.

For more guide information, call the K-Bay Fun Fone at 254-KBAY (5229), or visit us on line at www.mccshawaii.com.



K-Bay
Catering

Your next event is coming up fast, so buy yourself a little piece of mind. Call K-Bay Catering at 254-5592 and let the professionals develop a menu and tailor the atmosphere that will make you a hit.

For birthdays, Hail & Farewells, weddings, anniversaries and more, K-Bay Catering caters to you.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your ID at the box office.

Phone 254-7642 for recorded info.

Snow Dogs (PG)
Orange County (PG13)
A Beautiful Mind (PG13)
Imposter (PG13)
Snow Dogs (PG)
Lord of the Rings (PG13)
Imposter (PG13)
The Royal Tenenbaums (R)
A Beautiful Mind (PG13)

Today 7:15 p.m.
Today 9:45 p.m.
Saturday 7:15 p.m.
Saturday 9:45 p.m.
Sunday 3:30 p.m.
Sunday 7:15 p.m.
Wednesday 7:15 p.m.
March 8, 7:15 p.m.
March 8, 10 p.m.

Hawaii MARINE SPORTS

B-3, Hawaii Marine Sports Page

March 1, 2002



Sgt. Robert A. Carlson

After running his last leg of the Oahu Perimeter Relay, 1st Sgt. Frazier hands the baton to Cpl. Burns in front of Aloha Tower Marketplace Sunday.

CSC Marines run Oahu's perimeter

Sgt. Robert Carlson
Press Chief

Normally when Marines from 3rd Marine Regiment's Combat Support Company go around the perimeter of an island, they do it in amphibious assault vehicles, and they land on a beach to unleash their destruction on anyone who tries to stop them.

Seven CSC Marines challenged themselves to go around the island of Oahu in their running shoes rather than their AAVs Saturday and Sunday

during the 31st Annual Oahu Perimeter Relay, and they completed the run in 18 hours and 23 minutes.

Although official race results will not be available for several days, the CSC team finished in the top 30 percent of the 135 teams who ran.

"People don't usually tax their bodies this much," said 1st Sgt. Troy A Frazier, CSC first sergeant and team captain for the run.

Frazier's team included 1st Lt. Nate Packard, Engineer Platoon commander, Gunnery

Sgt. Robert Brown, AAV platoon sergeant, Sgt. Michael Moore, AAV section leader, Sgt. Darin Bowden, AAV section member, Cpl. Deny Burns, company training NCO, and Cpl. Andrew Brown, company clerk.

The perimeter run, sponsored by the Mid-Pacific Road Runners Club was a little more than 134 miles, and each of the seven runners had to run five legs. Each leg varied in distance from just over two miles to more than six miles. The CSC team drew straws to decide

See RUN, B-8



Sgt. Robert A. Carlson

Corporal Brown runs through the streets near Diamond Head at the start of the race. Brown ran the first and last legs of the relay.

My NFL Pro Bowl experience

Steven O. Kalnasy

Varsity Sports Coordinator

FORT DERUSSY, Hawaii — To the casual observer it would appear to be just another all-star game. The best players in the league, traveling out to some exotic location for a paid vacation. With all of the excitement of the previous weeks Super Bowl, the Pro Bowl game would be a let down by any one's standard. I was to be proven wrong.

The events leading up to the Pro Bowl were exciting to say the least. It all began with the tryouts for, and selection of a team of Marines to compete against the other 4 military services here in the "2nd annual NFL Military Challenge."

Our team was made up of six of Marine Corps Base Hawaii's best. These brave men would soon be up against the best from the Army, Navy, Air Force, and Coast Guard. They would be challenged to compete in such events as the down and out, quarterback challenge, field goal kick, air it out, pack wars, Play Station 2 football, and other events which would challenge their training to the max.

The weather was just right for the competition. It felt like February on Lambough Field (75 degrees, with a 30-mile per hour wind in Hawaii is like 30 degrees below in Wisconsin). It rained all day and the muddy grass was akin to 6 inches of snow. This truly was perfect weather for our mission.

This was no easy battle. From the beginning, our boys would develop strategies for beating their proverbial foes. Each member of our team sized up the competition and watched for any weaknesses. We were convinced that we would prevail.

The first event was Pack Wars. This was a skill game for sure. Each team was issued a box of sports cards and instructed to open one pack each simultaneously. Our team member for this event was Sgt. Albert Lopez of the Marine Corps Base Hawaii Provost Marshal's Office. From the beginning it was clear he had a strategy. He would kiss each pack before opening it. This was clearly an attempt to psyche out the other competitors.

The competition continued with Play Station 2 football, quarterback challenge, and the down and out.

Each of these competitions required extreme concentration, and the results for the Marine team were mixed. We finished 4th, 1st, and 5th, respectively in those three events. These points combined with the previously awarded points from the field goal, and air it out competitions, held at Aloha Stadium two days earlier, would put us in the middle of the pack just behind the Army, and the Air Force. With 4 more events to go, this



Sgt. Alexis R. Mulero

Jamie Belle, a member of the Marine NFL Challenge team, tries his arm at the "Air it Out" portion of the competition. This was part of the entire Pro Bowl experience.

was anyone's game.

Then, on Feb. 9, I arrived at Aloha Stadium. The place was jam-packed. Security was tight. I processed through the heavy security with little fan fare. I was there to participate in Hawaii's only annual professional sporting event.

As I walked out of the tunnel to the field, I couldn't help but be impressed by what I saw. There in front of me was the ESPN live pre-game broadcast. Chris Berman was breaking down the expectation for the coming game. The festive mood all around me was overwhelming. Further down the field the Cheerleaders were dancing, working the crowd. Three NFL mascots approach the Marine Working Press from Marine Corps Base, Hawaii. All three offered a proud salute, and the Marines returned it with a sense of duty. I've been to the Pro Bowl before, but I never felt the way I did that day.

Over the loud speaker I hear the announcer introduce the players of the National Football Conference. I listened intently to hear Kurt Warner's name. Just the day before I had the chance to interview him. I asked him how he felt about America's servicemen stepping up to protect our freedoms here in America, and in Afghanistan. He told me "I am proud of what our troops are doing for America. We all are." Kurt's sentiments were echoed by New York Giants defensive end Michael Strahan, and Redskins tackle, Chris Samuels. Samuels told me, "People look up to us as heroes, but to us, they (military personnel) are the heroes. Those guys put their lives on the line every day, we just play a game."

On the sidelines I saw Bill Cower, Head Coach of the Steelers. He was checking out the competition. His strategy was unfolding. At the other end of the field, the entertainment for the day's game prepared for their entrance. I found myself being swallowed by a sea of teenagers who performed for the capacity crowd. Hawaii's future is prominent here today. Singer Jessica Simpson sang the National Anthem. A bald eagle flew into the stadium and landed on its handler's arm. Four F-15 Eagles flew overhead in formation, and the Stars & Stripes were unfurled for all to gaze upon. Freedom, patriotism, and American pride were all evident that day.

The game began and for the next three hours I found myself engaged in fellowship with others who came out for 2002's Pro Bowl. I can't tell you what happened on the field for those three hours, but I can tell you all about the feeling of being with my fellow Americans, enjoying one of our favorite pastimes. After the game, I stopped to speak with some folks who were tailgating. They were Airman stationed at Hickam Air Force Base. I asked them about the game, and like me, they didn't recall much of what they had witnessed. They did have a lot to tell me about their pride in serving our country. They spoke about their sacrifices, and why they stayed in blue.

When I left the house that day, I thought I was going to cover a football game for this story. What I found out was that I was going to cover America at her best. God Bless America.

Oh. Did I mention that our Marine team took 3rd place in the NFL Military Challenge? Good job Marines. We will knock em' dead next year.

WORD TO PASS

Aikahi Fun Fair, Saturday

Aikahi Elementary School will hold its Annual Fun Fair, tomorrow from 9 a.m. to 3 p.m. on the school grounds at 281 Illhau Street. Open to the public, local entertainment will be on hand, as well as plenty of free parking.

The Fun Fair will have something for everyone. Students, parents and teachers have organized family-centered activities, game booths and a silent auction. A completely separate area will be available for keiki with their own bouncy house and age-appropriate games. Also, a petting zoo will feature a llama and a turkey, along with other animals, pony rides and a big inflatable obstacle for older children.

Come enjoy the good food from Kailua restaurants, plus shave ice, spam musubi and a bake sale of homemade goodies.

Contact Laura Thielen at 254-2817 for more information.

Race to Victory, Saturday

Everyone's a winner at the Fort DeRussy Biathlon, presented by MacFarms of Hawaii, an open-to-the-public event, where runners of all ages will enjoy a beautiful run and swim course along the beach and through Hale Koa's scenic 72-acre property.

The adult's race, a flat scenic 5k route, followed by a 1k swim, will precede a run-swim-run event for keiki which will kick-off at 9 a.m.

Entry fee for service-members is \$22, individ-

ual civilians is \$25, relay teams are \$37 and keiki are \$17.

All finishers will receive an official race T-shirt, race results card, refreshments and a chance to win awards and prizes.

To sign up for the Fort DeRussy Biathlon, call 955-0555, ext. 155, or pick-up a current issue of *Hawaii Race* magazine.

A big mahalo to the sponsors for making this event possible: MacFarms of Hawaii, First Hawaiian Bank, Cytomax, Menehune Water, Niketown and HFM Foods.

MS Walk 2002

The Multiple Sclerosis Society of Hawaii is now accepting registration for teams, families and individuals to participate in this year's MS Walk 2002, April 6 at 7:30 a.m. at the McCoy Pavilion at Ala Moana Beach Park.

Teams of 10 or more are eligible to participate. Free food and entertainment will be available for all who participate.

Register at www.NationalMS-Society.org or call 532-0811 for more details.

Youth Day of Caring

On the morning of Saturday, April 20, Oahu's youth in seventh grade through college level will be participating in several volunteer service projects. Aloha United Way

and YMCA Youth Mapping will collaborate to present "Youth Day of Caring."

This event has grown to 1,000 youth participants, and you can be of great assistance by getting involved in the vicinity of your neighborhood.

Contact Judith at the Aloha United Way at 543-2214 or email Judith@auw.org, for more information.

USAA Financial Planning

While thousands of U.S. troops have been called into action, thousands more stand ready to deploy, leaving their families to handle the daily routine.

The spouse must tackle everything from taking care of the children to paying the bills, yet USAA is able to make things easier for deployed military personnel — ensuring families aren't fighting their own financial and legal battles back home.

Get your copy of the Deployment Guide, which offers members of the military help in arranging their personal finances before they leave home for military commitments abroad. The guide contains helpful tips on preparing financially, legally, and emotionally for separation from loved ones. Also in this booklet is a two-page checklist for important arrangements that are best

See *WORD TO PASS*, B-7

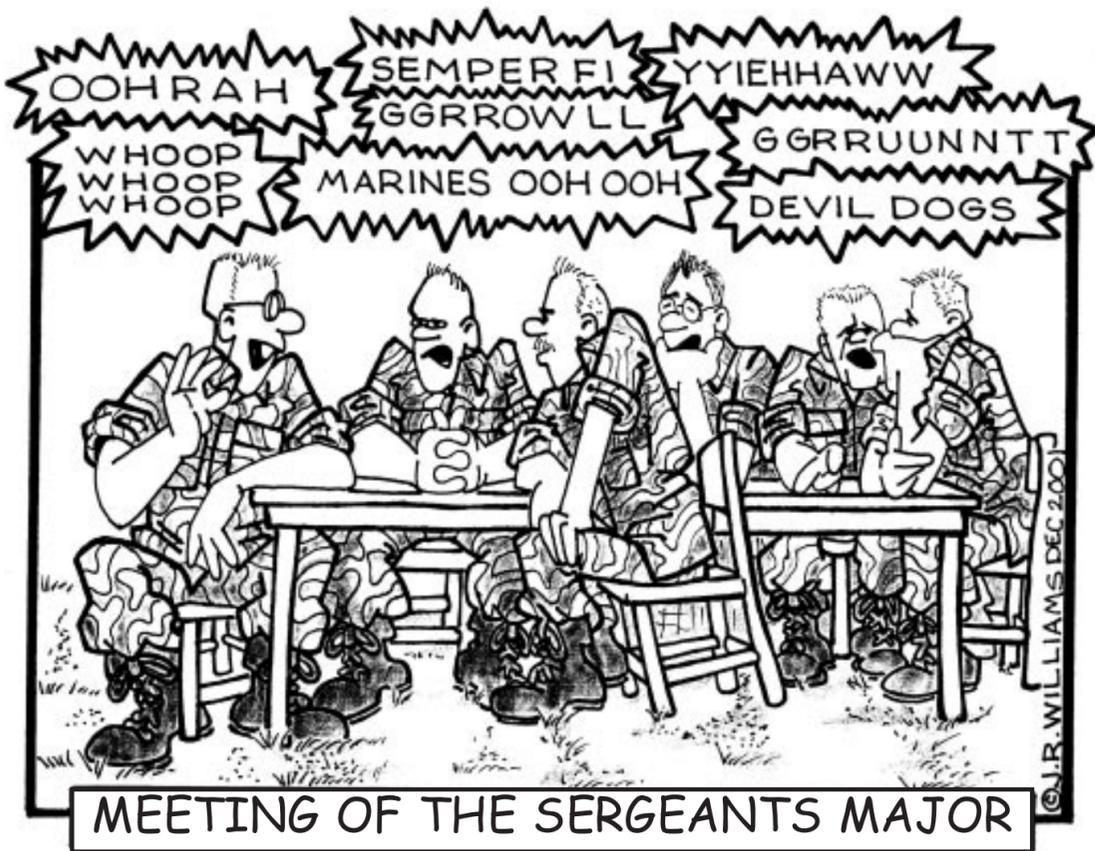
'And, they're off!'



Sgt. Roman Yurek

Fourth, fifth and sixth graders at Mokapu Elementary School dashed around in circles, raising \$7,500 for the school co-curricular clubs during the 13th annual Mokapu Run / Walk-A-Thon Feb. 22. Assisting at the event were volunteers from 3rd Marine Regiment as part of the unit's Adopt-a-School program.

JARHEADS and SQUIDS *By: J.R. WILLIAMS*



Marine Makeponos

"HAWAIIAN FOR "MARINE BARGAINS"

Auto

1993 Ford Taurus in good condition, grey interior and exterior, great A/C, power everything, cruise for \$2,500. Call 254-1632 for more information.

Moving Sale, Maytag washer and dryer only two years old for \$300 and a king size bedroom set for \$600. Call 253-0009 if interested.

Miscellaneous

Yard Sale

Yard Sale Saturday at 6:30 a.m. at 1777 A Lawrence Road. Many items on sale that must go. For more information call 254-3310.

Wood dinette set with chairs for \$225, dining table for \$25, coffee table for \$20, end tables for \$15 and a little tykes swing for \$15; call 261-2327 if interested.

The deadline for submitting ads is 10 a.m. Friday the week prior to publication.

Ad forms may be filled out Monday through Friday from 7 a.m. to 3 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216.

Ads must be submitted in person and will be accepted only from active duty and retired military personnel, their family members and MCB Hawaii civil service workers. Ads are free and will appear in two issues of the Hawaii Marine.

Marine Makeponos may be used only for non-commercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads must represent incidental exchanges, not of a sustained business nature.

Ads are run on a first-come, first served, space-available basis.

**WORD TO PASS,
From B-5**

made before a servicemember leaves for duty and a list of important business and emergency contacts to complete and leave with loved ones.

Call toll-free to 877-2DEPLOY or 877-233-7569 to get your free publication. The caller must verify that he or she is a servicemember.

USAA is a member-owned association that has served the insurance and financial services needs of U.S. military personnel since 1922.

**Hawaiian Islanders
2002 Schedule**

The Hawaiian Islanders Arena Football team will kick off its inaugural season on Saturday, March 30, when they host Fresno at the Neal Blaisdell Center at 7 p.m.

Season tickets are now on sale, and you can join the Hawaiian Islanders at the "Pick-a-Seat Party" on March 8 at the Blaisdell.

"Pick-a-Seat" is an open house for season ticket holders, sponsors, the media, and any individuals interested in reserving seats for the football season. The general public is welcome to see first-hand the field, field goal support systems, the scoreboard and the dasher boards.

Come see the Hawaiian Islanders players and Islander Girls dance team.

For more information and the season schedule, call 53-ARENA or 532-7362.

Arena Football is a newly launched franchise in one of the world's fastest growing sports.

**Disney Salute to
Armed Forces**

Active duty, U.S. servicemembers can enjoy free admission to any of Disney's U.S. theme parks or on its Disney Cruise Line, through April 30, 2002.

"Disney's Armed Forces Salute" will honor America's men and women who are fighting for freedom. It's part of Disney's commitment to support U.S. troops at home and abroad.

The program offers one complimentary, seven consecutive days ticket for the active member and up to five special, 50 percent discount tickets for family and friends of the active duty member.

All special offer tickets must be used within seven days of purchase. Discounts, beginning at \$49 per night (plus tax), are also available for Disney resort hotel accommodations.

All offers can be obtained at Disney theme park entry windows with a valid military ID card. For more, call (407) 939-7424.

**Marine Corps
Scholarships**

The Marine Corps Scholarship Foundation is looking for students who qualify for Academic Year 2002-2003 scholarships. You may be eligible, if you meet three parameters.

(1) *You are:*

- the son or daughter of a Marine on active duty or in the Reserves;
- the son or daughter of a former Marine or Reservist who received an

honorable or medical discharge, or who was killed while on duty;

• or, the son or daughter of an active duty, Reserve, or former corpsman who is serving or has served with Marines.

(2) *You must also be either:*

- a high school senior,
- a high school graduate,
- currently enrolled as an undergraduate at an accredited university,

• or currently enrolled at an accredited vocational or technical school.

(3) *Your 2001 family income must be \$49,000 or less.*

Qualifying students may obtain an application

packet by visiting www.marinescholars.org.

Or write to Marine Corps Scholarship Foundation; P.O. Box 3008; Princeton, NJ 08543-3008. The application deadline is April 1.

WAVES Membership

Women in the sea services are invited to join the local chapter of WAVES, Na Nalu O'Hawaii. Meetings are the second Saturday of each month. Call 623-4735 for details.

RUN, From B-3

which runner would run which leg.

The race started at 8 p.m. Saturday in Honolulu on Kalakaua Ave. near the Honolulu Zoo.

The runners encircled the island in a counterclockwise fashion, and a support team of CSC Marines accompanied the runners.

"We got a little tight during the time between legs," said Frazier, "After you run a leg, it could be one to two hours before you're up again."

Getting tight wasn't the only thing challenging the Marines.

"Not being able to eat any solid food makes it tough to keep the energy level up," said Burns. "I thought I'd hurt a lot more than I do, though."

Bowden, who ran a total of 19 miles during his five legs, said the best part of the run was keeping everyone motivated and working together as a team.

This perimeter run was the first for all of the CSC runners, and none said they'd do it again.

"It's just something I wanted to try," Burns added. "I saw the entry form on the first sergeant's desk, and I tried to get some volunteers together."

Team 5, a hybrid of students from Hawaii Pacific University and Hawaii servicemembers, finished the relay in 13:05:15, and were the unofficial winners of the race.



Sgt. Robert A. Carlson

The CSC team from K-Bay, coached by 1st Sgt. Troy A. Frazier, far left. The other six runners consisted of, from left, Cpl. Andrew Brown, 1st Lt. Nate Packard, Gunnery Sgt. Robert Brown, Sgt. Michael Moore, Sgt. Darin Bowden, and Cpl. Deny Burns.