

Sports & Health

K-Base Criterium Bike Race



Photo illustration by Micah Kagihara



Photo's by Lance Cpl. Daniel H. Woodall

Competitors in the "women" and "juniors" categories prepare to take off during the MCAF Criterium Bike Race, Sunday.

MCCS, MCAF host Criterium Bike Race Sunday

Lance Cpl. Daniel H. Woodall
Combat Correspondent

Marine Corps Community Services and Marine Corps Air Facility hosted a Criterium Bike Race Sunday on the Marine Corps Base Hawaii flight line near Runway 22.

The event is the third race in a four-part series, said Tina Lui, the MCCS Varsity Sports Coordinator. After the fourth and final race, scheduled for April 5, an overall series winner will be recognized along with the top three competitors in each of five racing categories: expert; senior; (less experienced than experts, not age related), women; juniors; and public (open to anyone).

"Individuals accumulate points for their participation and placement in the races," said Lui. "Even though the races are an individual effort, having teammates definitely helps to work the course..."

Several area cycling clubs and teams participated in the race, including the Hickam Area Cycling Club, Tradewinds, Cambio, Pac Velo, and the Hawaii Youth Triathlon Club.

Each skill group raced for 30 minutes or more on the 0.08 mile-long circuit course. Trevor K. Carlyle, a 12-year-old member of the Hawaii Youth Triathlon Club, competed in the juniors group. This was his first bike race.

"I liked the course because it was flat," said Carlyle. "Riding for 30 minutes would be a lot harder if there were any hills or sharp turns."

Volunteers from MCAF, among others, helped set up the oval-shaped course by providing logistical support and manpower in order to make the course more enjoyable, Lui.

The goal of this Criterium Bike Race is to offer a safe, fun environment for cyclists of all skill levels, said Nguyen Le, who owns Momentum MultiSport and helped organize each race. According to Le, providing a safe course will help attract people to cycling and a healthier lifestyle.

"The races are held on the flight line because the airfield is closed on Sundays," said Navy Master Chief Petty Officer Jeff L. Mathis, the MCAF senior enlisted advisor. "The races are highly successful. We see a higher turnout each time and are glad to see that the bikers can use the real estate for good, safe fun."

The event attracted racers of all skill levels, from novices trying to get a good cardio workout, to expert cyclists who have competed in Hawaii cycling tournaments.

Coast Guard Petty Officer 2nd Class Ben Sambrano, a recruiter at the Coast Guard Recruiting Office in Pearlridge, competed in the senior group and races for team Cambio. Sambrano is also the 2008 Hawaii State Cycling Champion in both the individual and team events.

"This race was primarily training for me," said Sambrano. "The turnout is great. Cycling is definitely making a comeback."

The winners from Sunday in each category are: Benjamin Collins (Expert), Troy Keipper (Senior), Kristen Phillips (Women), Cody Spraker (Junior), and Wing Ho (Public).

For more information on the MCAF Criterium Race, or how to register online for the final race in the series on April 5th, contact the MCCS, Varsity Sports Coordinator, Tina Lui, at 254-7590.



Competitors in the "senior" category take off after a pacing lap at the MCAF Criterium Bike Race, Sunday.



A competitor in the "expert" category speeds around the last turn approaching the finish line at the MCAF Criterium Bike Race, Sunday.



Competitors in the "women" and "juniors" categories round the last turn of the circuit course in the beginning of their 30 minute event at the MCAF Criterium Bike Race, Sunday.



Ben Sambrano, a competitor in the "senior" category, finishes replacing his front tire after it went flat during the first few laps at the MCAF Criterium Bike Race, Sunday.

Marine trains hard to reach goals

Lance Cpl. Cassandra Yoho
Combat Correspondent

During a small ceremony outside of Marine Corps Base Hawaii's Provost Marshal Office March 23, Col. Robert Rice presented a plaque to Gunnery Sgt. Scott Hubbard, operation chief, Criminal Investigation Division, MCBH for being the first military service member to cross the finish line at the Honolulu Marathon which took place Dec. 14.

Hubbard doesn't have a history of running marathons this was only the second marathon he's competed in. Fourteen years ago he ran the Okinawa Marathon at age 19 and only decided to run the Honolulu Marathon after his younger brother began taunting him.

"I couldn't turn down a challenge," said Hubbard. He's my little brother - I wasn't going to let him beat me." Hubbard, now 33, kept his word and beat his brother across the finish line with a time of 3:12:43.

Although finishing a marathon should be considered quite the accomplishment, Hubbard wasn't impressed with his time. He wanted to run the 26.42-mile marathon in 2:50, but due to tendonitis in his ankle, the last three miles of the course gave him some trouble.

"I first notice my ankle injury a few weeks [before] the marathon," said Hubbard. "The staff at the Smart Center, did a great job treating my ankle and keeping me running."

Despite Hubbard's injury he was still able to get in some last minute extensive training to prepare himself for the race.

Starting his training in August only gave Hubbard 16 weeks before the Honolulu Marathon, but Hubbard said he began his training at a slow pace, running about a seven-minute mile. Monday through Friday he would average six to eight miles per day, increasing to a quicker tempo on Saturday, and a longer run, anywhere from 14 to 22 miles, on Sunday.

"I was running about 60 to 100 miles a week," said Hubbard.

Although Hubbard was able to complete the marathon, he

said he jumped into long distance running too soon and advises anyone thinking about running a marathon to give themselves at least 24 weeks to train and prepare.

This extensive training period allows the runner's body to adjust properly to the impact, which comes along with long distance running and ensures the least amount of injuries, said Hubbard.

"I think everyone should run a marathon, it's a challenge against yourself," said Hubbard. "... I congratulate anyone who takes on the challenge."

Discipline played a huge role in training for the marathon. Along with the extensive training required to be able to run the distance, he also made sure his body was getting the proper nutrition it needed.

High complex carbohydrates made up 50 percent of his diet, along with good proteins like chicken, turkey and peanut butter for the extra calories. He also eliminated all processed sugars from his diet.

He enjoyed the challenge of preparing for the marathon, but along with the intense training also came the tranquility of the sport.

"My long runs help relieve so much stress," said Hubbard. "I don't really think about anything when I run- it's my time to zone-out."

Hubbard likes the alone time, but he is part of a local running group called, "Fleet Feet." Hubbard runs with the group twice a week, and encourages anyone that thinks they want to run a marathon to join the group.

"Fleet Feet" allows a runner to pace themselves off of other people, training for the same goal.

Hubbard is training now for the Marine Corps Marathon, taking only one week off to rest.

He plans to run the Marine Corps Marathon, Oct. 25 in Washington, D.C.

"My ultimate goal for myself if to run for the Marine Corps Marathon Team," said Hubbard. "I think with about a 2:40 run time, I can get noticed."



Lance Cpl. Cassandra Yoho

Colonel Robert Rice, commanding officer, Marine Corps Base Hawaii speaks to Military Police Officers after presenting Gunnery Sgt. Scott Hubbard a plaque March 23 for being the first military service member to cross the finish line during the Honolulu Marathon Dec. 14.



Intramural Basketball Playoffs begin



Photos by Lance Cpl. Achilles Tsantariotis

Above: A player for Golf Course drives to the hoop against CISD's defense during the first night of the Intramural Basketball League season Championship Tournament Tuesday. The tournament continues through next week with the final game scheduled for March 25.

Left: Jeremiah Vanderburg, point guard and team captain for CISD, goes in for a layup against Golf Course's defense during the first night of the Intramural Basketball League season Championship Tournament Tuesday. After a three minute overtime, CISD beat Golf Course 43-53 to move on to the second round of the tournament. The tournament continues through next week with the final game scheduled for March 25.

Marine makes time for family, basketball

Lance Cpl. Alesha R. Guard
Combat Correspondent

Corporal Frederick Allen can be described as nothing less than self-motivated.

While working as Operations Chief at the Marine Corps Base Hawaii Post Office, holding a part-time civilian job, taking college courses, and being a full-time parent, Allen also manages to find time for his passion: basketball.

A sport he's enjoyed playing since he was six years old, basketball is Allen's way of unwinding from work and his studies, he said.

Playing basketball through high school, he is currently continuing his passion by participating in the Intramural Basketball League, where he can be seen ripping rebounds from the rim for Postal.

"I love the competition of basketball," Allen said. "I enjoy playing with my team and being able to learn from each other."

He said he has enjoyed developing his skills this season with his teammates and seeing his team come together.

Allen said he has a drive which won't let him give anything less than his best not only in basketball but in all aspects of his life.

With such a hectic schedule, he said he often misses out on down time or sleep to accomplish all his daily activities which is a sacrifice he is willing to make. Allen said he believes to be successful in the Corps, the classroom and on the court, one adage rings true - there's no room for excuses.

"You have to develop zero tolerance for failure and be consistent in the things that you do," Allen said. "If you say you're going to do something, you have [to follow through with] it no matter what the cost is. If I have to stay up until 2 in the morning to get my homework done for school, then that's what I have to do."

He said he became motivated to take advantage of the educational opportunities provided by the military after the birth of his son. Allen said he wanted to set an example for his son by furthering his education.

Allen has been diligently taking college courses the past two years and has not only earned his associates but also his bachelor's degree in Criminal Justice. He was recently accepted to Hawaii Pacific University where he will begin working toward a masters degree in Diplomacy and Military Studies in May.

Earning his degree has taken him one step closer

to his next goal of being accepted into the Enlisted Commissioning Program.

"I think that's my calling - to lead Marines - and this would be the opportunity to do that," Allen said. "I [also] wanted to better myself and I think I'll be better suited [in a leadership position]."

Balancing such a hectic schedule is not easy, Allen said. He attributes much of his success in both his work and education to his supportive family.

"My wife is always there for me and is very supportive," Allen said. "She is always willing to sit down with me and help me with my writing or math."

Allen said he believes he wouldn't be where he is today if he didn't have the personal drive and loving support from his wife and son.

"If you want something, you've got to go after it and go get it yourself," Allen said. "Self-motivation is a powerful thing."

Allen's motivation for success helped his team achieve a high record during the regular season games, earning them a spot in the Championship Tournament bracket. He said he and his teammates are looking forward to the Championship Tournament which began Tuesday.



Allen

Health and Wellness

Lunch and Learn Understanding food and mood

Kristen Wong
Photojournalist

FORD ISLAND, Hawaii -- More than 100 people gathered at the Navy Lodge Hawaii Conference Room for the second "Lunch and Learn" luncheon sponsored by the Hawaii Multi-Service Market Management Office and the Hawaii Health Promotion Working Group March 11.

The luncheon, which was free of charge, was available to all personnel with valid military identification cards. The topic of the two-hour long lecture focused on how the types of foods people eat affect how they feel, emotionally and physically.

"We had a really good response," said Air Force Lt. Col. Leigh Lindquist, chief of clinical operations, Hawaii Multi-Service Market Management Office. Lindquist, an Indianapolis native, said she had to stop registration much earlier than the deadline because the expected 100 attendees turned into 125.

Each participant was given a dietitian approved lunch, including: a granola bar, four small vegetable wraps, fruit and Sun Chips. They also had their choice of diet soda or water.

The attendees were also given an anonymous survey about their moods and eating habits in conjunction with the meal. The guest speaker of the luncheon, Dr. Mark Verschell, director, Lifestyle Expectations, Emotions, Exercise and Attitudes in Nutrition Healthy Lifestyles Program, Tripler Army Medical Center, said the purpose of the survey was to provide an example of how food can be psychologically linked.

The answers from the survey, which asked various questions about when people feel like eating, were input into a computer by Verschell's assistant, Sheri Yager, an Argosy University graduate student. Attendees could request their results via e-mail.

Verschell introduced the LE³AN program, which helps people actively manage their health by learning about nutrition and attending group support meetings.

Verschell then continued by defining key nutrition terms, such as macronutrients and micronutrients. With lighthearted food related comic strips and cartoons complimenting his slide presentation, Verschell talked about various studies regarding the effects of food on the mind.

For example, one study concluded a person could become more alert if they ate foods containing protein. Some studies believe carbohydrates and fat can cause moods such as irritability. But Verschell cautions people not to constantly change how

and what they eat based on what they hear.

"You can't believe everything you read in the popular media ... " Verschell said. "We encourage patients to not make quick, rapid changes in their dietary behaviors every time a new article [comes out] ... "

He also included information about chemicals found in food such as tryptophan and serotonin. Tryptophan, for example, is a chemical found in certain types of food such as turkey, and may make a person sleepy.

However, Verschell pointed out to the attendees the effect food's chemicals have on human emotions is dependent on several factors.

"Your weight is a component of competing priorities," Verschell said.

In other words, a person can't automatically expect to be sleepy just because they've eaten Thanksgiving turkey which is ripe with tryptophan. The fat and carbohydrates in additional foods such as the sides and dessert can change the chemical's



Kristen Wong

For the lunch portion of "Lunch and Learn," TriWest Healthcare Alliance provided vegetable wraps, Sun Chips, fruit, a granola bar, and either soda or water. Participants were asked to fill out an anonymous survey after eating the lunch. The survey was meant to show each individual how eating affects their mood. "Lunch and Learn" is a luncheon sponsored by the Hawaii Multi-Service Market Management Office and the Hawaii Health Promotion Working Group.

effect, according to Verschell.

The luncheon ended with a few musical numbers from the Honolulu Blend Show Chorus, including the well-known 1930s song "It had to be you." Members of the chorus made the audience laugh as they waved a bag of chips and sang with admiration to a can of soda.

John Hunter, a Kaneohe resident, and his wife Inge, attended the program. Hunter said he and his wife have been making an effort to live healthier lifestyles.

"We definitely learned a lot," said Hunter, a retired Army chief warrant officer 3. "The relationship between food and mood was something we never considered before."

Some attendees came to the luncheon because they were interested in improving their way of life. Terri Cloud, a retired Army sergeant first class, and a longtime Honolulu resident attended the session to motivate herself to lose weight and be a "little healthier and active."

"Lunch and Learn' is a good opportunity to be exposed to different program options that are available to the military family ... " Cloud said.

Some of the attendees, like Col. Heidi Warrington, chief, Army Public Health Nursing, Pacific Regional Medical Command, Tripler Army Medical Center, walked away surprised by some of Verschell's presentation. One of the things she found surprising was, based on a study, people may actually feel sleepier if they eat sugar rich foods before bed.

"I would recommend any service member or family member to take advantage of a stimulating, fun and easy way get some current information and to network with experts in the field," Warrington said.

The Hawaii Health Promotion Working Group tries to have at least two or three "Lunch and Learn" programs a year. Each program is usually tailored to suit the needs of military families, said Air Force Lt. Col. Audrey Hockburn, individual mobilization augmentee to the chief of clinical operations, MSMMO. Hockburn said the group is planning to offer another program in September.

For more information about the LE³AN program, call Verschell at 433-1496. For more information about "Lunch and Learn," service members or DoD civilians who have common access card access can visit the Multi-Service Market Management Office Web site at <https://kx.afms.mil/msmmo>, or <https://kx.afms.mil/hawaii-referral-center>.

March is save your vision month

How to keep your children's eyes healthy, 6 to 18 years old

Fact Sheet
www.aaa.org

A child needs many abilities to succeed in school. Good vision is a key. It has been estimated that as much as 80% of the learning a child does occurs through his or her eyes. Reading, writing, chalkboard work, and using computers are among the visual tasks students perform daily.

A child's eyes are constantly in use in the classroom and at play. When his or her vision is not functioning properly, education and participation in sports can suffer.

As children progress in school, they face increasing demands on their visual abilities.

The school years are a very important time in every child's life. All parents want to see their children do well in school and most parents do all they can to provide them with the best educational opportunities. But too often one important learning tool may be overlooked - a child's vision.

As children progress in school, they face increasing demands on their visual abilities. The size of print in schoolbooks becomes smaller and the amount of time spent reading and studying increases significantly.

Increased class work and homework place significant demands on the child's eyes. Unfortunately, the visual abilities of some students aren't performing up to the task.

When certain visual skills have not developed, or are poorly developed, learning is difficult and stressful, and children will typically:

- Avoid reading and other near visual work as much as possible.
- Attempt to do the work anyway, but with a lowered level of comprehension or efficiency.
- Experience discomfort, fatigue and a short attention span.

Some children with learning difficulties exhibit specific behaviors of hyperactivity and distractibility. These children are often labeled as having "Attention Deficit Hyperactivity Disorder" (ADHD). However, undetected and untreated vision problems can elicit some of the very same signs and symptoms commonly attributed to ADHD. Due to these similarities, some children may be mislabeled as having ADHD when, in fact, they have an undetected vision problem.

Because vision may change frequently during the school years, regular eye and vision care is important. The most common vision prob-

lem is nearsightedness or myopia.

However, some children have other forms of refractive error like farsightedness and astigmatism. In addition, the existence of eye focusing, eye tracking and eye coordination problems may affect school and sports performance.

Eyeglasses or contact lenses may provide the needed correction for many vision problems. However, a program of vision therapy may also be needed to help develop or enhance vision skills.

Vision Skills Needed For School Success

There are many visual skills beyond seeing clearly that team together to support academic success.

Vision is more than just the ability to see clearly, or having 20/20 eyesight. It is also the ability to understand and respond to what is seen. Basic visual skills include the ability to focus the eyes, use both eyes together as a team, and move them effectively. Other visual perceptual skills include:

- recognition (the ability to tell the difference between letters like "b" and "d"),
- comprehension (to "picture" in our mind what is happening in a story we are reading), and
- retention (to be able to remember and recall details of what we read).

Every child needs to have the following vision skills for effective reading and learning:

Visual acuity — the ability to see clearly in the distance for viewing the chalkboard, at an intermediate distance for the computer, and up close for reading a book.

Eye Focusing — the ability to quickly and accurately maintain clear vision as the distance from objects change, such as when looking from the chalkboard to a paper on the desk and back. Eye focusing allows the child to easily maintain clear vision over time like when reading a book or writing a report.

Eye tracking — the ability to keep the eyes on target when looking from one object to another, moving the eyes along a printed page, or following a moving object like a thrown ball.

Eye teaming — the ability to coordinate and use both eyes together when moving the eyes along a printed page, and to be able to judge distances and see depth for class work and sports.

Eye-hand coordination — the ability to use visual information to monitor and direct the hands when drawing a picture or trying to hit a ball.

Visual perception — the ability to organize

images on a printed page into letters, words and ideas and to understand and remember what is read.

If any of these visual skills are lacking or not functioning properly, a child will have to work harder. This can lead to headaches, fatigue and other eyestrain problems. Parents and teachers need to be alert for symptoms that may indicate a child has a vision problem.

Signs of Eye and Vision Problems

A child may not tell you that he or she has a vision problem because they may think the way they see is the way everyone sees.

Signs that may indicate a child has vision problem include:

- Frequent eye rubbing or blinking
- Short attention span
- Avoiding reading and other close activities
- Frequent headaches
- Covering one eye
- Tilting the head to one side
- Holding reading materials close to the face
- An eye turning in or out
- Seeing double
- Losing place when reading
- Difficulty remembering what he or she read

When is a Vision Exam Needed?

Your child should receive an eye examination at least once every two years - more frequently if specific problems or risk factors exist, or if recommended by your eye doctor.

Unfortunately, parents and educators often incorrectly assume that if a child passes a school screening, then there is no vision problem.

However, many school vision screenings only test for distance visual acuity. A child who can see 20/20 can still have a vision problem. In reality, the vision skills needed for successful reading and learning are much more complex.

Even if a child passes a vision screening, they should receive a comprehensive optometric examination if:

- They show any of the signs or symptoms of a vision problem listed above.
- They are not achieving up to their potential.
- They are minimally able to achieve, but have to use excessive time and effort to do so.

Vision changes can occur without your child or you noticing them. Therefore, your child should receive an eye examination at least once every two years - more frequently if specific problems or risk factors exist, or if recom-

mended by your eye doctor.

The earlier a vision problem is detected and treated, the more likely treatment will be successful. When needed, the doctor can prescribe treatment including eyeglasses, contact lenses or vision therapy to correct any vision problems.

Sports Vision and Eye Protection

Outdoor games and sports are an enjoyable and important part of most children's lives. Whether playing catch in the back yard or participating in team sports at school, vision plays an important role in how well a child performs.

Specific visual skills needed for sports include:

- Clear distance vision
- Good depth perception
- Wide field of vision
- Effective eye-hand coordination

A child who consistently underperforms a certain skill in a sport, such as always hitting the front of the rim in basketball or swinging late at a pitched ball in baseball, may have a vision problem.

If visual skills are not adequate, the child may continue to perform poorly. Correction of vision problems with eyeglasses or contact lenses, or a program of eye exercises called vision therapy can correct many vision problems, enhance vision skills, and improve sports vision performance.

Eye protection should also be a major concern to all student athletes, especially in certain high-risk sports.

Thousands of children suffer sports-related eye injuries each year and nearly all can be prevented by using the proper protective eyewear. That is why it is essential that all children wear appropriate, protective eyewear whenever playing sports. Eye protection should also be worn for other risky activities such as lawn mowing and trimming.

Regular prescription eyeglasses or contact lenses are not a substitute for appropriate, well-fitted protective eyewear. Athletes need to use sports eyewear that is tailored to protect the eyes while playing the specific sport. Your doctor of optometry can recommend specific sports eyewear to provide the level of protection needed.

It is also important for all children to protect their eyes from damage caused by ultraviolet radiation in sunlight. Sunglasses are needed to protect the eyes outdoors and some sport-specific designs may even help improve sports performance.

Spotlight On Sports

Sports Briefs

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center for all active duty service members and their families.

The PFFP participants are required to volunteer to babysit three times per month and is open for parents with children 6 weeks and older.

For more information, call Allison at 744-5977 or MCBHcoop@hotmail.com.

Jujitsu at Semper Fit Center

Andre Derizans, a third degree Gracie Jujitsu black belt, is teaching a class Tuesdays and Thursdays at 7:30 p.m. at the Semper Fit Center. All experience levels are welcome. The class costs \$100 per month. For more information, call the Semper Fit Center at 254-7597.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

K-Bay Lanes

K-Bay Lanes offers economical entertainment, Mondays through Thursdays. All E-1s to E-5s pay \$2 for games and \$1 for shoe rentals.

Every Thursday, when you roll a strike with a colored pin as the headpin, you can win up to three free games of bowling.

All patrons are welcome to take advantage of this deal.

If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regimen, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now.

For more information, contact Semper Fit at 254-7597.

Fishing Charters Available at MCB Hawaii

Spend the day aboard one of the Base Marina's fishing charter boats. For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666 or 254-7667.

Semper Fit Offers New Array of Aerobics

The Semper Fit Center announces a new and expanded aerobics program. For more information call 254-7597.


Okinawa Kenpo Karate

Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome.

Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members.

For information, call MCCS Youth Activities at 254-7610.



Need a flexible workout?

Sign up for Semper Fit's PiYO class! Each session fuses Yoga and Pilates exercises for a well-balanced fitness regimen. Classes are Mondays from 10 to 11 a.m.

For more information, call 254-7597.

Semper Fit Group classes

Cardio Kick

If you're trying to get rid of pent up frustration or just looking for an awesome workout, this is the class for you! This high-energy class incorporates punches and kick combos to improve endurance, speed and agility while burning calories and increasing muscle tone.

Boot Camp

This class is an extremely intense cardio workout with a tough strengthening portion that is sometimes held in the basketball court for a more intense workout.

Stretch/Flexibility Training

Reach for those toes. Tired of having someone else scratch your back? Time to limber up. A class working on getting back the flexibility you once had or just stretching out those overworked muscles. Stretch is a great way to reduce your chances of getting injured from tight muscles.

Core Conditioning

Ever wanted a stronger core? This 30-minute abdominal and back class will help you to develop a stronger core through various ab and back exercises.

Cycling

Tired of those boring 3-mile runs? Well, come for a ride with us. This class uses specialized stationary bikes that help you burn a large amount of calories and tone up while improving your core strength. Set to specialized music as you peddle off the pounds.

Cycle Express

For a high-intensity workout, try this one-hour class. It is sure to challenge your endurance levels through the use of various interval trainings while riding on a bike.

Gut Cut

You've heard the stories. Come experience it for yourself – or are you scared? This 30-minute abdominal class is designed to strengthen your core muscles.

Pilates

This amazing class uses a powerful series of non-impact exercises for total body sculpting. This class will help develop strength, flexibility, balance, and weight loss to sculpt lean, long muscles and reshape your body from head to toe.

Muscle Conditioning

Not coordinated for a traditional aerobics class? This class has minimal choreography so this is safe. A muscular endurance workout using hand weights and bands to work all muscle groups.

Step

This is a tried and true classic. Fads come and go, but step endures all. This fundamental class focuses on getting a great workout on the steps with basic choreography – nothing fancy – just hard work and a ton of sweat.

Step it Up

Step it up is a challenging 45-minute to one-hour step class incorporates one, two, or multiple steps with fun and choreography.

Step Challenge

To step it up even more. This class is for the seasoned stepper or for those just looking for a challenge. This class is a full hour of fun and challenging choreography.

Strength and Conditioning

Geared toward active duty personnel who get up early. This class focuses on strengthening the body utilizing hand weights, steps, bands and balls. This is a great alternative to running, running, and more running.

Water Aerobics

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training.

For more information

on group classes

call 254-7597

Hours of operation:

Monday-Friday, 0430-2230

Saturday, 0700-2200

Sunday & Holidays, 0700-1800

Commander's Fitness Series

To register for events in the Commander's Fitness Series visit the Semper Fit Center or go online to <http://www.mccshawaii.com/cgfit.htm>.

For more information about the events, call Tina Lui at 254-7590.

SM&SP Surf & Turf 5k

Saturday, March 28

One of MCCS' most scenic races, the SM&SP Surf & Turf takes runners to the reaches of MCBH Kaneohe Bay, including stretches down our most panoramic beaches. This race begins at The Officers' Club and winds down through the Kaneohe Klipper Golf Course and beyond.

3rd Marines 10k Run

Saturday, April 18, 7 a.m.

Can you handle a 10k? If so, then put your feet to the test, and sign up for the 3rd Marines 10 kilometer race. Taking racers all across the base, this CO's Fitness Series race is a real challenge. Avid runners will love this course designed to test novice and trained long-range racers.

VP-47 5k Runway Run

Saturday, July 4

All of Oahu is invited to get physical and enter the VP-47 5k Runway Run at 7 a.m. The race starts & finishes at Hangar 104, and takes runners along the MCBH Flightline, catching glimpses of historical Pyramid Rock. MCCS will present awards to the top three finishers in various age groups, as well as, to the top three overall Men and Women finishers.

HQSVCBN Camp Smith 5k Grueler

Wednesday, Sept. 16

Race over to Camp Smith for the Camp Smith 5k Grueler, and show the mountain what you're made of. The 5k foot race takes diehard runners throughout Camp Smith's rugged mountainous terrain beginning at the panoramic Bordelon Field. If you think you can handle the race, you are in for a visual delight. High above the Pearl Harbor basin, this race will treat runners to scenic vistas, from Honolulu to Ewa Beach.

3rd Radio Bn Jingle Bell Jog

Saturday, Dec. 5

Jog off that Thanksgiving feast! This 4 mile run around the Nuupia Ponds will help you stay fit throughout the holiday season.

In the spirit of the season, a Family Fun Run around the Pop Warner Field track will take place after the race.

HSL-37 Splash & Dash Biathlon

TBA

An amphibious assault is coming to Kaneohe Bay. As they are trained to do, the Marines and Sailors aboard MCB Hawaii will be passionately hitting the surf and the turf around the Marine Corps Air Facility. This is not a training exercise, it for real. It is the HSL-37 "Easyriders" Splash & Dash Biathlon.

The race begins with a 500 meter open water swim, then grab your running shoes and head around the flight line for the five kilometer foot race. Running by the flight line enhances the race by giving participants a military feel during their run. The scenery is beautiful and runners get a chance to run on an active taxiway and see military aircraft.

MCAF Tradewind Triathlon

TBA

The MCAF Tradewind Triathlon is the final triathlon offered in Hawaii this year, so get registered early. The Tradewind Triathlon hits the shores and streets of MCB Hawaii Kaneohe Bay with a 500 meter swim followed by an 11.1 mile bike course, and ending with a 5 kilometer run. This event is ideal for amateur or experienced triathletes, and even serves as the Official Hawaii Senior Olympic Triathlon for 2009.

HQBN Sprint Triathlon

TBA

Bike, swim, or run to MCB Hawaii and grab your registration form for the most hardcore event held on the windward side. You had better be ready, because the HQBN Sprint Triathlon is right around the corner.

The Triathlon consists of a 500 meter swim in the waters of Kaneohe Bay, an 11 mile bike race circumnavigating the entire base, and ends with a 3.5 mile run, all concluding at the Base Marina. Participants may enter individually, or in three-man relay teams. For the relay teams, one person will swim, one person will bike and one person will run.



Cover the world in paint!

Aim for a fun time with friends! Open Saturdays and Sundays from 9 a.m. to 5 p.m.

For more information, call 265-4283

Intramural **Sports** Updates

Intramural Basketball League Standings

Team	Wins	Losses
CPRW-2	12	0
MALS-24	11	1
POSTAL	7	5
CISD	5	7
CAMP SMITH	9	3
HSL-37	Dropped out of league	
VP-47	6	7
VPU-2	4	8
CAC	6	6
VP-9	3	9
MCAF	6	6
HMH-463	2	9
GOLF COURSE	1	11

Final standings as of March 16

Intramural Basketball Playoff schedule

No playoff game tonight

Playoffs are scheduled for:

March 23

March 24

March 25

These games will be single elimination.

Intramural Baseball League Standings

Team	Wins	Losses	Tie
HQBN	7	4	
3RD RADIO BN	4	7	1
MAG-24	4	3	1
CPRW-2	7	8	

Updated as of Mar. 16

For more information about Intramural sports, contact Joe Au at 254-7597.

Marine Corps Sports Hall of Fame

Athlete of the week

William H. "Billy" Mills

Class of 2001 - Track and Field

- Born June 30, 1938, Pine Ridge, South Dakota
- 1958 All American in Cross Country
- 1959 All American in Cross Country
- 1960 Won title in Big 8 Conference Cross Country tournament
- 1964 Won gold medal in Olympics for 10,000 meter run, first American to win this event
- 1972 Named one of "America's Outstanding Young Men"
- 1984 Movie "Running Brave" made detailing his Olympic victory
- 1966 Baseball Hall of Fame Induction
- Died July 5, 2002 at age of 83

Press Release

Marine Corps Community Services Sports

William M. "Billy" Mills was born in Pine Ridge, South Dakota, on June 30, 1938.

Mills grew up on an Oglala Sioux Indian reservation and was orphaned at the age of 12.

He first became involved with distance running while attending the Haskell Institute, an Indian school in the city of Lawrence, Kan.

He had taken up running as part of a rigorous training program to become a boxer. However, he abandoned boxing in favor of running. His talent and hard work made him a natural at several distance events.

An exceptional runner at the University of Kansas, he was coached by Bill Easton and continued to develop as a long-distance runner. He was a 1958 and 1959 All-American in cross country while at Kansas.

In 1960, Mills won the individual title in the Big Eight Conference's cross country tournament. The following year, Mills was the conference champion in the two-mile race with a time just over nine minutes. The Kansas team, filled with gifted track and field athletes, won the 1959 and 1960 NCAA outdoor national championships.

After entering the Marine Corps, Mills was commissioned as a Second Lieutenant in December, 1962, and on graduation from

The Basic School, Quantico, Va., he was designated a Basic Motor Transport Officer.

During his three years on Active Duty, Mills served as a Motor Transport Officer with Service Battalion at Quantico and with Truck Company, 1st Force Service Regiment, Camp Pendleton, Calif.

He also traveled around the world competing in distance-running events.

Mills is perhaps best known for his stunning upset in the 10,000-meter run during the 1964 Olympics held in Tokyo, Japan.

Mills was entered in the 10,000 meter run, a race which no American had ever won in an Olympics.

He was far from a high profile entrant. Many of the media hardly focused on the fact that he was even in the race.

The lion's share of the attention was going to Australia's Ron Clarke, who at that time held the world record in the event. Tunisia's Mohammad Gammoudi also received much press as he was expected to be the chief rival of Clarke for the gold.

Each entrant had to qualify for the finals through a set of preliminary races.

Mills' qualifying time was twenty nine minutes and ten seconds. Ron Clarke's time was nearly a minute faster. Such a performance gave Mills little hope of contending.

The race began on a wet track. Mills kept pace with the pack for the first several laps. With the final lap of the race just ahead, a pack of runners slowed Mills down slightly.

He eventually worked his way back to the leaders during the final lap. Just before the final turn, he was still keeping pace with Clarke and Gammoudi, who by now had forced him to the outside of the running pack.

In the last 100 meters of the race, Mills surprisingly found a huge burst of energy and sprinted past his two surprised competitors.

He held the lead as Clarke and Gammoudi fought unsuccessfully to catch Mills. Noticing the amazing events transpiring before him, one commentator began screaming on television "Oh my God, look at Mills!



He's gonna win!"

Mills later said that he kept telling himself over and over that he could win.

He broke the tape with a new Olympic record time of 28 minutes and 24 seconds. His last lap time had been a scathing 59.8 seconds, and his overall time was nearly a minute faster than his personal best time in the event.

A stunned crowd could not believe their eyes. Mills' notoriety was so low that a news person ran up to him after the race and said "Who are you?"

The following year, he set a world record

in the six-mile run at the Amateur Athletic Union Championships. Mills left active duty in December 1965.

He continued to serve in the Marine Corps Reserve until September 1971. He resigned as a captain.

After leaving the Marine Corps, Mills continued running and became active in Native American affairs.

He was named one of America's "Outstanding Young Men" in 1972. The 1984 film "Running Brave" details Mills' road to victory at the Olympics.

Mills died July 5, 2002 at the age of 83.