

Hawaii MARINE SPORTS

Hawaii Marine C Section

March 28, 2003

10-mile run smokes in 61 minutes



Lance Cpl. Monroe F. Seigle

Marines from 1st Bn., 3rd Marines, compete as a formation in the 10th Annual 3rd Marines 10-Mile Run & 10-Kilometer Run, Saturday. The races were followed by a Family Fun Run.

Lance Cpl. Monroe F. Seigle
Combat Correspondent

The 10th annual Third Marine Regiment 10-mile, 10 kilometer run welcomed civilians and military members aboard MCB Hawaii, Kaneohe Bay, March 22, for a morning of cardio competition.

The race began at 8 a.m. and was open to the public. Both races started at Pop Warner Field and winded all through K-Bay and finished where it started.

The registration fee was \$15 and included an official race T-shirt. Formation runs of 10 or more were \$100 and also

included T-shirts.

The 10-mile race kicked off first and went down Mokapu Road and across the flight line, then toward Pyramid Rock Beach, then came back across the flight line down to B Street then curved around 1st Street and finished in front of Pop Warner Field.

The 6-k run had the same path, with the exception of running along Pyramid Rock Beach.

"The course was long and winding," said Chris Larson, the official winner of the 10-mile run. "It was even more challenging because of the winds. It was a great competition."

Larson completed the

run in a record time of 1 hour, 1 minute, 42 seconds, to win the race.

The raised more than \$10,000 and had 900 competitors. All proceeds went to fund future events.

Several trophies were awarded based on the age groups and formation runs. While the winners received their trophies, the Marine Forces Pacific band played several famous tunes to keep the crowd alive after the tiring run.

"This was the biggest race of the year," said Steve Kalnasy, sports coordinator for K-Bay. "It took a lot of stamina for the competitors to complete."

Navy League tourney seeks golfers

The Navy League is sponsoring a golf tournament today at the Kaneohe Klipper Golf Course aboard MCB Hawaii, Kaneohe Bay. The tournament is an afternoon round, with a blind team scoring format and is limited to 144 players.

The cost to participate is \$55 per person (which includes green fees, cart, prizes and heavy pupus); however, all proceeds will benefit the Navy Marine Corps Relief Society Fund Drive.

Check-in will be at 11 a.m. and the shotgun start time at 12 p.m.

For more details, contact the Navy League Honolulu Council at 422-9404.

Motorcycle Safety Association presents its 'Poker' ride

The MCB Hawaii Motorcycle Safety Association presents the support our troops Poker Run April 5.

The run will take place at the Ko'olau Regional Park beginning at 8 a.m., the route will take bikers to the North Shore, down the east side of Oahu and end around 3 p.m.

The price for entry is \$15 per bike and \$10 per additional rider. The price includes lunch, raffles and prizes.

Marines send sparks in Electron Marathon

Cpl. Luis R. Agostini
Marine Forces Pacific

FORD ISLAND — Electric car enthusiasts from the Army, Air Force, Navy and Marine Corps sparked their one-horsepower, 3,000 revolutions-per-minute batteries and amped the half-mile track by the Ford Island Gym during the eighth annual Honolulu Electric Electron Marathon here Saturday.

The Navy team, which performed dismally last year by finishing last, found itself possessing the checkered flag at this year's 10-lap all-military race, followed closely by the Army, Air Force, and Marine Corps, respectively.

Not only were the Marines in the race overmatched, but they were overlapped, as well.

The Marine Corps team, consisting of Cpl. Scott Momper and Lance Cpl. Hector Reyes, both with Marine Corps Air Facility, MCB Hawaii, Kaneohe Bay, began the race in the fifth and sixth starting positions, respectively, and only Momper was able to finish the race.

Turning the last corner during his second lap, Reyes' front left wheel came loose, causing Reyes to crash into the barricade of tires, placing him out of commission. Reyes managed to walk away from the race unscathed.

The five-man pit crew for the Marine team attempted to hasti-

ly repair the wheel, but due to lack of time, opted to bow out of the race.

As the checkered flag signaled the final lap in the inter service

race, the lineup of the electric cars mirrored their respective starting positions — Navy, Army,

See SPARKS, C-6



Cpl. Luis R. Agostini

The Marine Corps team, comprised of Cpl. Scott Momper and Lance Cpl. Hector Reyes of Marine Corps Air Facility, MCB Hawaii, earned the last spot in the 8th annual Hawaii Electric Electron Marathon all-service race Saturday.

Military gets big praise from small place

Sgt. Jereme Edwards
Combat Correspondent

KAILUA — Community and service members came together Saturday for the opening ceremony of the Kainalu Little League season.

The ceremony kicked off at 8 a.m. with the introduction of the Kainalu Little League board members and players, and the Marine Forces Pacific Band playing, as the color guard marched on the colors.

"This is pretty much the same way all the season opening days go, except today is quite different because we are dedicating today's

ceremony to all the men and women of our armed services," said Dru Brenneman, coach of the Major Giants, and master of ceremony for the event. "It was especially a great honor to have commanding officer of 3rd Marine Regiment, and Brigadier General select, Col. Joseph Medina throw out the first ball of the season.

"We actually decided to do this about six weeks ago before the war actually began. It just happened to fall right in place. We wanted to do something for our service members to show our appreciation for all their participation and dedication they show,

not only to our league, but also our country.

"They are out there defending our nation and its interests so that we are able to have ceremonies just like this one", added Brenneman.

"I thought it was very fitting that they dedicated the opening to the service men and women," said Kathy Burch, military family member.

"I thought it was a very moving ceremony. It was a gorgeous day and all the armed services were represented. Everyone seemed really somber

while the music was playing.

"I am glad that they volunteer as coaches and

See PRAISE, C-6



Sgt. Jereme Edwards

Joe Silva, on 3rd base, prepares to run as batter Bryan Denton takes a hefty swing at a lob ball from the pitcher.

BASE SPORTS

Edward Hanlon V
MCCS Marketing

Aquatics Crews may Splash into Spring, Saturday

It's springtime, and the living's easy. Join the Aquatics crew for the 2003 Spring Splash at the Manana Housing base pool.

Events will be held Saturday from noon - 4 p.m.; they are free to military, family members, Department of Defense civilians and reservists.

Enjoy music, games and door prizes along with numerous other events. Plus, there will be free Red Cross swim evaluations and lessons for kids, introductory lessons to scuba diving and surfing, a Pool Hawks Swim Team racing challenge and demonstration, Junior Lifeguard registration and information, and even a bouncy house.

Spring Splash prizes will be provided by Aqua Sphere and Ocean Concepts Scuba.

For more information about the Spring Splash, call the base pool at 254-7655.

Staff NCOs to Host Top 4 Golf Scramble, April 4

Open to staff noncommissioned officers of all services, the MCB Hawaii Staff NCO Club will host a "Top 4 Golf Tournament," April 4.

Check in time will be at 11:30 a.m., with a shotgun start at 12:30 p.m. Each team must have the following players: an A (0-8), B (9-17), C (18-26), and a D (27+). Players who do not have an established handicap must estimate — no sandbagging!

Cost is \$38 for club members, \$45 for non-club members, \$50 for DoD and field grade officers and \$55 for invited guests. Fees include heavy pupus, beverages and lots of prizes.

The top prizes at the Staff NCO 4 Golf Tournament include a \$10,000 hole-in-one purse and a car from McKenna Ford.

Participants can also buy mulligans three for \$5 and enter to win a Nike golf bag.

This tournament is open to the first 36 teams to register. Call Chief Petty Officer William Thompson at 257-8429, ext. 227,

for more details.

Applicants may also pick up an entry form at the new air traffic control tower.

Sharkeys' Quick Bite Opens

Whether at the Base Marina enjoying sports activities or looking for some place different to eat, recharge your midday with a quick meal at the new Sharkey's station near the Base Marina.

Sharkey's serves up hamburgers, hot dogs, chips and soda, Monday - Friday from 10:30 a.m. - 1:30 p.m.

For more details, call Sharkeys' Quick Bite between 10:30 a.m. and 1:30 p.m. at 254-7641.

Young Chippers can Golf at the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take

lessons on Tuesdays, Thursdays and Sundays. Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and going on now. Children are welcome to bring their own clubs or use clubs provided. Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

For more information, call the Klipper Golf Course at 254-2107.

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.

For more details, call owner Roland Manahan at 265-4283 or the Single Marine & Sailor Program at 254-7593.

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 babysitting venture.

Participants must volunteer to baby-sit three times a month at the fitness center.

Children 6 weeks and older may attend.

For more information, contact Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.

Top athletes honored

United States Military Press Association Press Release

ALEXANDRIA, Va. — The Army, Navy, Air Force, Marine Corps and Coast Guard announced their 2002 Male and Female Athletes of the Year.

The athletes will be honored at the annual Military Sports Association Pride of the Nation Banquet, today at the Crystal Gateway Marriott Hotel.

Additionally, they will be recognized at a press conference at the hotel.

Did You Know?



NAPS

Astronauts exercise while in space to simulate the effects of Earth's gravity on their bodies.

Volleyball Calls to All

There will be an organizational meeting for Men's and Women's Volleyball Leagues April 3 at 2 p.m. Stop by the Semper Fit Center's Athletic Office for more information. Share ideas, get details or just sit in for fun.

For more information on the league, call 254-7591.

"Base Sports" or Recreation Gets Advertised

Individuals and organizations may announce upcoming sports and recreational activities of general interest to the military or DoD community in the "Base Sports" column.

Fax items at least two weeks in advance of the date of the event to 257-2511, or call 257-8836 or 257-8837 for more.

Base All Stars

NAME: Chris Larson

BILLET: Computer programmer

UNIT: 169th (USAF) Aircraft Warning System

SPORT: Distance running

•He has been running since he was 13 years old, representing more than a decade of experience.

•He won the military category for the Honolulu Marathon. He also won the Great Aloha Run.

•During his college days, he went to the regionals for Division Seven colleges.



Lance Cpl. Monroe F. Seigle

"I have been running half of my life. It keeps me competitive and in shape."

COMMUNITY SPORTS

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 of age or older who enjoys the outdoors — not just hunters.

The next two-day session is April 4 at 5:45 - 10:15 p.m. and April 5 at 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture I.D. is required for entry to the sessions.

To preregister or for more information, contact the Hunter Education Office at 587-0200.

Oahu Tennis League Accepting Applicants through April 4

An islandwide league for singles and doubles players of all skill levels, the Oahu Tennis League is now registering individuals for its spring season, which begins April 14.

Players are matched against six opponents during the six-week season, and

must make phone contact to arrange the date and time of their matches. Scores are called into the league, which then hosts a post-season tournament for players who have won three of their six matches. Prizes are awarded to the top two players in each division.

If you're interested in joining the Oahu Tennis League, call 342-3368 or 381-6848 for more details. Or, complete and submit an online registration application at www.OahuTennisLeague.com.

NCAA Championship to be Televised Live, April 7

Hawaii's CBS affiliate, KGMB Channel 9, has announced that the NCAA Men's Championship Basketball Game will be broadcast live on April 7 at 3 p.m., then will re-air at 8 p.m. for the benefit of all sports fans in Hawaii.

University of Hawaii to Sponsor Summer Baseball Camp for Youth

Future baseball players in the age range of 8 - 18 years old 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 details, call the Office of Intercollegiate Athletics at 956-6247.

Bellows Hosts Outdoor Recreation

Just because winter is upon us does not mean you have to be a couch potato.

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.

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).

"Community Sports" Receives Faxes

Fax "Community Sports" announcements of general interest to the DoD community to 257-2511, or call 257-8836.



spotlight on health

PACOM issues health advisory regarding SARS

U.S. Pacific Command
Press Release

CAMP H. M. SMITH — The U.S. Pacific Command here issued an information message March 19 to commanders and service members stationed in the Asian-Pacific region offering general guidance concerning the Southeast Asia outbreak of a severe flu-like illness known as Severe Acute Respiratory Syndrome, or SARS.

The illness was first recognized by the World Health Organization Feb. 26, in Hanoi, Vietnam. The cause of the disease has not been totally identified, although preliminary findings are being reported by the World Health Organization.

The main symptoms and signs include

high fever, cough, and shortness of breath, or breathing difficulties. A number of patients with SARS develop severe pneumonia. Like any pneumonia, SARS is a serious infection that can potentially cause death. Other symptoms may include muscle aches, headache, muscular stiffness, loss of appetite, malaise, confusion, rash and diarrhea.

Pacific Command's alert follows the March 15 U.S. Centers for Disease Control and Prevention Health Advisory and the March 18 World Health Organization's Travel Advisory concerning the infectious disease.

While, to date, no DoD beneficiaries have been identified with SARS, this global outbreak poses a potential risk to our personnel similar to other infectious

diseases such as tuberculosis, flu and measles, to name a few.

The PACOM message advises the Pacific military medical community to watch for SARS symptoms and offers care providers guidance for treating and caring for patients afflicted with SARS.

According to the PACOM alert, individuals can take the following preventive measures to help reduce the risk of any infectious diseases:

- Frequently wash your hands,
- Avoid overcrowded places as much as possible.
- Avoid close face-to-face contact with unknown persons.
- Be aware of the symp-

toms and report symptoms immediately to your health provider.

Individuals who have recently traveled to Hong Kong, China, or Hanoi, or been in close contact with individuals who have, should also be aware of the symptoms. Additionally, service members are advised to consider postponing nonessential travel to those specific areas where the disease is reported.

For more information about SARS and related material, visit the Web sites of the CDC at www.cdc.gov and the WHO at www.who.int.

Blood test may help relieve allergy sufferers

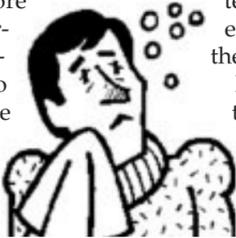
NAPS
Featurettes

Besides budding leaves and spring flowers, this time of year is known for nasal congestion and red eyes — it's allergy season.

But the good news is, with a simple blood test, you may be able to avoid suffering, perhaps

without medication.

Most allergy sufferers are allergic to more than one allergen, so it's often difficult to pinpoint the exact cause of an allergic reaction. Also, people



with allergy-like symptoms may not be allergic, though often take medications that are expensive and don't relieve their symptoms.

It's important to understand that allergy is a threshold disease. Think of it as a cup that has to fill and overflow before you have symptoms. Some of us have big cups,

some small cups. If you're highly allergic to a substance, it might overflow your cup all by itself, but usually simultaneous exposure to several allergens is required to push you over your individual threshold.

This spring, it may be possible for you to keep your cup from filling and

stay below your allergic threshold by following these three steps:

1) Ask your doctor to confirm a diagnosis and determine the true cause of your symptoms. A blood test can simply and reliably tell you if you're allergic at

See ALLERGY, C-6



Sgt. Jereme Edwards

Dale Murray, a player on the Kainalu Little League's White Sox team, takes a swing at a high ball over home plate.

PRAISE, From C-1

other members of this league, because the boys and girls of the league ask questions, and what better place to get the answers than from those that live it.

I'm proud to be a military spouse, and I am extremely proud of all that our men and women of the armed services do to ensure our safety and freedom," said Burch with enthusiasm, which was echoed by others.

SPARKS, From C-1

Air Force and one-half of the Marine Corps team.

Although this was the first competition for the individual Marines, MCAF has participated in the annual classic for a number of years, and looks forward to next year's race.



Cpl. Luis R. Agostini

With Jiminey Cricket looking over his shoulder, Cpl. Scott Momper makes last-minute function checks and adjustments before taking off.

ALLERGY, From C-5

all, what you're allergic to and how allergic you are.

2) If you're allergic, keep a record of the things that trigger your symptoms, and when. Talk to your doctor about ways to avoid key triggers to keep your cup from overflowing or about allergy medications that might be appropriate. By understanding your triggers and knowing about the medications that might help you, you'll be on your way to relief.

3) If the test shows you're not allergic, your doctor can determine another appropriate treatment strategy.

Understanding the true cause of your symptoms will help you and your doctor take control of your life—rather than letting them take control of you.

For more information about allergies, visit www.isi.allergy.com.