

LIFESTYLES

SWAMP ROMP



Gunnery Sgt. Rhys A. Evans

Emerging from a water-filled tunnel at Fort Hase Beach these Rompers make their way through this obstacle before they plunge into the Ft. Hase Beach waters during Combat Service Support Group-3's 7th Annual Swamp Romp.



Sgt. Richard W. Holtgraver Jr.

An early morning rainbow meets competitors at the finish line.



Sgt. Richard W. Holtgraver Jr.

Showers were provided by CSSG-3 to help get the mud and dirt from those competitors who dared to enter the race.

Rompers tackle K-Bay's terrain

Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

More than 1200 people woke up bright and early Saturday morning to get good and muddy in the 7th annual Combat Service Support Group 3 Swamp Romp at MCB Hawaii, Kaneohe Bay.

The 5.2 mile route proved to be a test of intestinal fortitude on this St. Patrick's Day, as much of the terrain the six-member teams had to endure was either wet or muddy.

The object of the Swamp Romp was to finish the obstacle-ridden course as a complete team.

As a bonus this year, CSSG-3 offered teams the chance to participate as a challenge team. A challenge team had to navigate a much more difficult course, and negotiate the Boondocker obstacle course as well.

Family members and residents of the base came out to cheer the runners on as they made their way through the course.

The race started at the Boondocker Training Area, then went behind the old Cochran housing towards Fort Hase Beach, out to the Ulupa'u rifle range, and back to the finish line at the Boondocker Training Area.

Participants were subjected to an unorthodox course of mud, beach and water. Runners even had to negotiate through a tunnel at one point on the course.

"I had a blast," said 1st Sgt. Timothy Stevens, Motor Transport Co. first sergeant. "This was a well-organized, well-orchestrated chance to get dirty."

During the race it seemed as if Mother

Nature wanted to add her own challenges for the participants by providing a couple of rain showers throughout the morning. Still, with all the challenges the runners had to endure, many enjoyed the race.

"It was a great, motivating way to learn teamwork," said Sgt. Jorge Guzman, a platoon sergeant for 1st Radio Battalion. "And if you didn't get dirty, you didn't have fun."

Marine Corps Community Services helped organize the Swamp Romp, but according to Steve Kalnasy, Swamp Romp race director, most of the credit for the event belonged to someone else.

"The success of the Swamp Romp can be directly attributed to CSSG-3," said. "Without their support, the event couldn't have happened."

CSSG-3 spent several days beforehand setting up the course by laying out the course, digging holes and filling them with water. They also set up a shower area and tents at the finish line for race participants who wanted to wash away the mud and change into clean clothing.

After the last team crossed the finish line, and a brief awards ceremony was held, the Swamp Romp took on the appearance of a county fair.

Young and old alike listened to the musical entertainment provided by Native Tongue, a local acoustical band.

Refreshments of hamburgers, hot dogs, rice, soda and water were on hand after the race for those who were hungry or thirsty.

Green may be the color of St. Patrick's Day celebrations, but muddy brown was the color of the day for the participants of CSSG-3's 7th Annual Swamp Romp — and no one was complaining about it.

SWAMP ROMP RESULTS

Women's Masters Division

Mud Mothers 2 Time: 53:50

Women's Open Division

Mud Slinging 6 Time 1:01:02

Men's Masters Division

U.S. Attorney's Office Time 47:40

Young Men's Division

Kailua Boys Time 57:28

Men's Warrior Division

Iolani Track Team Time 46:01

Mixed Division

Boys and Babes Time 53:05

MCB Hawaii Challenge Division

CSSG-3 Time 1:01:43



Sgt. Richard W. Holtgraver Jr.

"If you didn't get dirty, you didn't have fun," said Sgt. Jorge Guzman, a platoon sergeant for 1st Radio Battalion. Here someone was taking his advice, performing a belly flop in a puddle near the shower area.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Aisoff, MCCS Public Affairs

SM&SP

Vision Statement

To provide a forum that inspires, informs and unites the Navy, Marine Corps Team in the spirit of Aloha by improving the Quality-of-Life and Morale for both the military and civilian community.

Program Preview

March 31 — Inter-service Paintball Tournament. All active duty—all branches, \$150 team of five. Awards for top three teams.

March 31 — Polynesian Cultural Center Trip. Single, active duty, E-5 & below. Tour seven villages, pageant of long canoes, tram tours, brass concert, evening show & IMAX, \$38.

May 26 - 28 — Maui Memorial Weekend Trip, \$205, includes airfare, shared accommodations & rental car. Limited to the first 20 people.

For more information, call the SM&SP Coordinator, Dawn Williams at 254-7636.

The Guide with the Goods

How many times have you waited and waited for some operator to give you a phone number to a base activity? Stop the frustration. End the madness. Pick up MCCS' free Hawaiian Guide 2001. Stocked and available now all over MCB Hawaii, these free mini-phonebooks serve as a complete directory of activities and services. 254-7679.

A Dicey Domain

It's a High Roller's evening at the Rocker Rooms' Casino Night, March 31 from 7 p.m. - 2 a.m. DJ Brian rocks the house while you trump your luck with Vegas-style games like craps, poker, black jack, bingo and more. Make a bid and a bluff during the auction for prizes and more. Call 254-5592.

Adventurous Spring Fling

Elementary kids are counting down the days—Spring Break is al-

most here. Make the most of their time and your piece of mind and enroll them into Youth Activities' Spring Adventure March 26 - 30 from 7 a.m. - 5 p.m. Children K-6th grade are invited to attend this supervised week of sports, games, arts-n-crafts and more. A light breakfast and an afternoon snack are provided. All participants must bring a daily lunch.

Payment category is determined by total family income. Spaces fill up quickly, so spring forward and make your reservations today. Call 254-7612.

Movin' to the March Madness

Youth Activities' Teen Center is hosting a March Madness Dance Saturday from 6 - 10 p.m. at the Staff NCO Club, Bldg. 3088 for teens ages 10 - 17.

Make sure to wear something green or basketball uniforms / shirts and you'll score door prizes and

more. Cover charge is \$3. Call 254-7610 for more info.

Smashing Spring Splashing

Go ahead—make a splash at Ocean Concepts, Dave's Hawaiian Ice Cream & Gordon Hansen Shapes' Spring Splash, Saturday, March 24 at the K-Bay pool (rain date, April 7) and March 31 at the Manana pool (rain date, April 8). From noon - 4 p.m. you'll enjoy free Red Cross swim evaluations and lessons, introductory surfing and scuba diving lessons, and watch the Pool Hawk Swim Team's racing challenge and dive team demonstrations. (Diving demos will only be held at K-Bay.) You can also pre-register for upcoming swimming lessons for the kids as well as for the Jr. Lifeguard program. A bouncy house will keep all the land-dwellers entertained, as will the music, games and many door prizes.

In addition to the nautilus festiv-

ities at Manana, bring the family a bit earlier and walk, run, even stroll the 1.2 mile Family Fun Run at 10 a.m. This free event is complete with activities along the route. You may register that morning on-site at 9:30 a.m.

Join Water Safety's open house and make a splash this season. For more information call 254-7655.

Get Your Spirit in Motion

Ever feel like something in your life just seems "a little off?" In our hectic lifestyle it's easy to get unbalanced. It's time to do something for you. Experience the techniques of Tai Chi now offered at the Semper Fitness Center Mon. and Wed. 10 a.m. and 7:30 p.m. You may take two classes a week for \$35 a month.

Take time to settle yourself—get centered. Tai Chi will increase your

See MCCS, B-3

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 information.

Valentine (R)
Snatch (R)
The Wedding Planner (PG-13)
Cast Away (PG-13)
Emperor's New Groove (G)
Cast Away (PG-13)
Gladiator (R)

Friday at 7:15 p.m.
 Friday at 9:45 p.m.
 Saturday at 7:15 p.m.
 Saturday at 9:45 p.m.
 Sunday at 3:30 p.m.
 Sunday at 7:15 p.m.
 Wednesday 7:15 p.m.

MCCS, From B-2

flexibility, strengthen your lower body and improve your breathing practice. A calmer, centered new you is waiting to appear. Call the Semper Fit Center for more information at 254-7597.

Here a Clutter, There a Clutter...

It happens so fast. Before you know it, it consumes your home, your car, your office and your mind. It's junk. Soon piles and piles of "stuff" ambush your assets.

There is a better way...Bunk the Junk! Learn a few tricks to keep you ahead of the junk war and get organized.

Attend Personal Services' next free "How to De-Junk Your Life" class March 27 from 11:45 a.m. - 1 p.m. in Bldg. 216 room #57.

It's true, "one man's trash is another man's treasure," but junk is junk and you're better off without it. Simplicity is freedom. Make your reservations today call 257-7787.

L.I.N.K.S. Will hook you up

You may have seen the name. You may have heard a bit about this networking program for new military spouses, but who has time to attend a L.I.N.K.S. session in the middle of the week? Now you can.

As part of the Marine Corps Family Team Building program, Lifestyles, Insights, Networking, Knowledge and Skills (L.I.N.K.S) is a path to assist military spouses to the many customs, traditions and resources available to your and your family while living the military lifestyle. You'll meet new friends and make contacts.

Now L.I.N.K.S. is hosting a special Saturday session April 7 from 8 a.m. - 5:30 p.m. at the L.I.N.K.S. House located next to the Armed Services YMCA, Bldg. 579 on Reed Road. For more information, call 257-2368.

Lunch at the Lanes

All active duty and reservists, K-Bay Lanes has a deal right up your alley! Drop in Mon. - Fri. 11 a.m. - 1:30 p.m. for the Neon Pin Special.

When the Neon Head Pin is in the Head Position, if you roll a strike, you win a free game—up to three free games per day.

Maximize your bowling bucks and join the K-Bay Keglers Club.

For only \$36 you can bowl weekends and evenings during open-play for a mere, \$1.50 a game—that's a 25% savings. Keglers' Club Memberships are available at the K-Bay Lane's front desk. Call 254-7664.

Marines take wrestling trophy

Story and photos by
Army Sgt. Kap Kim

Fort Hood Sentinel Sports Editor

FORT HOOD, Texas — Marine 1st Lt. David Workman pinned Army Spc. Patrick Schuster 33 seconds into the last match of the day to give the Marine Corps team the close-margined victory over the Army during the Armed Forces Wrestling Championships Freestyle event at Fort Hood, Texas March 11.

The Marine Corps team's Freestyle win Sunday along with their Greco-Roman win Saturday gave them enough team points to win the overall Armed Forces Championships. Their win marked the first time in 11 years that any other service other than Army had won. Army had the distinction of owning the Armed Forces Wrestling Championship tournament since 1989.

"It was due," said All-Marine Wrestling Coach Jon Antonelli about their overall tournament victory. "We worked very hard for this. What can I say ... they came up to the plate and delivered ... I'm so proud of them."

Workman, an All-Marine rookie from Camp Lejeune, N.C., did the only thing he could do to give the Marines the overall championship win and to end Army's streak. Heading into the last match up between the Heavyweights, a win by points could not have done it — since the Army was leading in that category.

"I looked up at the score [board], and I knew when I went up there, I had to pin him," Workman said. "I knew it was coming down to me ... I needed the pin; I was looking for it."

With that, Workman made quick work of Schuster, from Fort Campbell, Ky. Within seconds, Workman had Schuster on the mat. "I kept hearing the ref say, 'head up blue - head up!'" said Workman, repeating what the referee was telling Schuster while he was on the mat.

Once Workman pinned Schuster, everyone on the Marine Corps bench jumped up, and the emotional Antonelli jumped into the waiting arms of Workman.

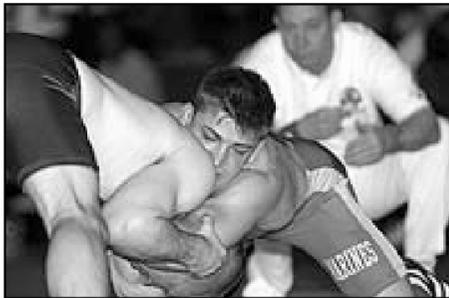
The loss left the Army wrestlers stunned. But the Army offered no excuses. All-Army head coach, Staff Sgt. Shon Lewis congratulated the

Marine Corps on their success.

"They did a fantastic job," Lewis said about the Marine Corps. "They came on our home field ... they had some horses, and their horses produced."

Lewis said his team had just allowed for the Marines to earn too many points on his guys, but even with that his team might have won if not for the pin.

"We just didn't need a fall," Lewis said shaking his head. "It hurts a little. I'm very proud of my guys though, and this will be a learning experience for them. They've got to learn from this. [Next year] They'll come back smarter ... hungrier. This will leave a sour taste in their mouths for 365 days."



Army Sgt. Kap Kim

Workman, right, battles with Schuster during the Armed Forces Wrestling Tournament.

Admirable try



Cpl. Roman Yurek

Rear Adm. Michael Holmes, Commander Patrol and Reconnaissance Force U.S. Pacific Fleet, putts for victory during the 11th Team Kaneohe Bay Challenge March 14. Rear Adm. Holmes received two awards at the tournament. One was a hockey stick given to him for the third year in a row for having the highest score for a flag officer. The other award he accepted on behalf of his unit for winning the tournament.