

# Hawaii MARINE SPORTS

Hawaii Marine C Section

May 17, 2002



Above — Val Umphress, 38, from Mililani took 1st place overall for the 10-kilometer run.

Right — More than 800 athletes participating in 3rd Marine Regiment's 10-kilometer run, cross the start line.



## Oahu pounds the asphalt on K-Bay



A formation of Marines from 1st Bn., 3rd Marine Regiment, completed the 10-kilometer run at MCB Hawaii on Saturday with a time of 1:22:53.

Story and Photos by  
**Sgt. Alexis R. Mulero**  
Combat Correspondant

More than 800 athletes at MCB Hawaii, Kaneohe Bay slipped on their sneakers and participated in the 9th Annual 3rd Marines 10-Mile and 10-Kilometer runs on Saturday at 7 a.m.

Both races began at Pop Warner Field, but not at the same time. The ten-mile run began 10 minutes before the 10K.

"The 10-milers had a longer race and we didn't want the runner's routes to interfere with one another," said Joe Au, intra-

mural sports coordinator, Marine Corps Community Services.

Although the races took the runners through different paths around Mokapu Peninsula, most of the 10-kilometer runners took a wrong turn at the beginning of their race and the longer route.

"One of the Marine volunteers held the direction arrow the wrong way," said Au.

When all was said and done, Matt Limbert, a civilian from Mililani and Tracy Iguina, avionics officer, Marine Heavy Helicopter Squadron 463, had placed 1st overall for the 10-mile

run and Val Umphress, a civilian from Kailua and Megan Clark, a Marine Corps Community Services employee placed 1st overall for the 10-kilometer.

Awards were also given to the top three finishers in each age group, and to the top three formations, which were all from 3rd Marine Regiment.

After the awards were presented by Col. Joseph V. Medina, commanding officer, 3rd Marine Regiment, the runners, run supporters and race volunteers took the opportunity to have an early lunch, courtesy of the regiment.

## Buzkashi or football?

### American and Afghan sporting traditions

**Cpl. Jason E. Miller**  
Combat Correspondant

While many U.S. service members are off across the world fighting the War on Terror, many of us may find it easy to forget that we are not battling a particular country, but terrorists. We sometimes don't realize that Afghanistan, as a country, is not our enemy.

In fact, many Afghan traditions and customs relate clearly to some of our own. Take for instance, the Afghanistan national sport of Buzkashi.

While riding around on horseback with a mangled piece of headless livestock acting as the focus of the competition may seem a little barbaric to us, I'm certain that Afghans probably think that a sport like football, where men wear tight pants, plastic hats and toss around a piece of dried pig skin, wrapped around an air bladder, is more than a little weird.

Buzkashi, which literally means "goat grabbing," is a sport that has been around for hundreds of years and is deeply enjoyed by the spectators and players alike.

It is played during special occasions like weddings and New Year's Day around the country.

I don't know about you, but nothing spells excitement to me like a decapitated goat carcass. That must have been what they had in mind when they decided to use a dead animal instead of a ball.

The sewn-up body of the freshly killed



A team of mounted Afghans prepare to begin a game.

Official DoD Photo

animal is soaked in a tub of cold water before the game begins, to toughen it up so it doesn't fall apart during the competition.

The body is placed at the center of the field, where it is eventually swooped up by one of the mounted players. The goat is stretched and strewn about the field as other players attempt to grab it.

Two 12-man teams jockey specially bred horses to try and gain control of the headless animal. Only male stud horses are used during the games. Players carry whips to prod their horses, and the horses of other players, into doing what they want.

The carcass is carried around a marker and brought to a point on the field where a score is made. While it may sound simple, few of the players even get to touch the goat.

Only the best players, known as cha-

pandaz, even get the chance to grab the goat, round the marker and head for the score.

Players are often trampled by horses and suffer a lot of injuries.

They are known to simply wrap up broken bones and continue playing the game, which sometimes last for periods of up to ten days.

Professional football games, even with all of their hard hitting action, could never amount to the violence and intensity that goes into a game of goat grabbing. Players who are injured in football are too often inclined to sit on the bench and whine about their signing bonuses than to actually get up and try to play through the pain.

The players of Buzkashi compete for



Afghans pull on the goat during a game of Buzkashi.

Official DoD Photo

prizes like fine clothes and turbans rather than multi-million dollar contracts and the chance to endorse whatever company bids highest.

In some areas, where horses are not accessible to players because of cost,

See BUZKASHI, C-4

# SPORTS BRIEFS



For sport enthusiasts, a good helmet is the first step toward getting into gear with safety.

## Windward Marathon Scheduled Sunday

The Windward Marathon Associations Holokiki O'alele Marathon in Kailua takes place Sunday from 5:30 until 9:30 a.m.

Runners can participate in the Half Marathon, the 5K or the 20K relay.

Children ages 6 to 13 can participate in a 1-mile race, and 3 to 5 year olds can participate in the 100-yard race.

The races begin in front of the Enchanted Lake Park and follow a route along the streets of Kailua.

For more information, contact SM&SP Coordinator Leslie Graham at 254-7593.

## Splash to Fitness

Make a splash today and get ready for summer with Water Safety's water aerobics class offered at the base pool Tuesdays through Saturdays.

Classes are \$2 per session, or purchase a \$15 coupon book (for 10 sessions, averaging \$1.50 per class), available at the pool.

Water Aerobics classes are free for active duty military. Water Safety is also accepting applications for ongoing children's swimming lessons.

For details on the Water Aerobics classes, contact Water Safety at 254-7655.

## Share the Aloha of Health

The military community is invited to the 2002 Aloha Muscle and Fitness Extravaganza May 25 - 27 at the Hawaiian Convention Center.

Scheduled for the main stage is the "Slay the Dragan" event.

Dragan Radovich is a man who is world-renown for his physical and mental endurance. He is 53-years old, stands at 6'3" and weighs 175 pounds.

Dragan will challenge "teams" of up to eight people in a unique test of strength and endurance.

The total combined number of repetitions with a 35-pound dumbbell in each hand at the finishing time is the final count. If any team completes a combined number of reps greater than Dragan's, that team will be awarded \$10,000 in cash.

Each service can supply two teams each day to com-

pete against the other services, with teams competing for the most repetitions. The winning team will be awarded \$1,000 in cash, to be donated to the winning branches' athletic facility.

The two events take place May 26 and May 27 at 2 p.m. in Exhibition Hall I at the convention center.

For more information or any further questions, call Keith Jones, promoter of the extravaganza, at 306-6321.

## Sail Away

The Base Marina is starting its popular Summer Evening Sailing Class. Basic sailing instruction will be offered five days a week now through August. The course consists of five classes, Monday through Friday from 5:00 to 7:30 p.m.

Sailing beautiful Kaneohe Bay on a warm summer evening is about as good as it gets. Call the Marina at 254-7667.

## Age 30 + Needed for Basketball

Anyone interested in playing age 30 + basketball should attend the organizational meeting Tuesday at 2 p.m. in the Semper Fit Center Gymnasium.

## Semper Fit Aerobics Classes

Step into shape and feel great with Semper Fit Aerobics. Semper Fit is a fun way to get into shape

through a variety of fitness classes taught by certified aerobics staff.

Kickboxing, Fit Ball, Abs, Step, Lo-Impact, Yoga, Interval and Cross-Training classes are offered daily at the Semper Fit Center.

Call 254-7594 to find out more information, including times and availability.

## Bayfest Arrives Soon



The ever-popular BayFest is coming around the corner soon, and Marine Corps Community Services is looking for volunteers to help operate events.

New attractions such as the Sumo wrestling event and the inflatable boxing arena are in the works.

For more information, please contact SM&SP coordinator Leslie Graham at 254-7593.



Lance Cpl. Jessica Mills

## Base All Stars

**NAME:** 1st Lt. Jonathan Hey

**BILLET:** Executive Officer

**UNIT:** Headquarters and Service Co, 2nd Bn., 3rd Marines

**POSITION:** Wrestler

**SPORT:** Scholastic and Free-Style Wrestling

**HEIGHT:** 5' 10"

**WEIGHT:** 165 lbs

- He has been wrestling more than 13 years. He learned while he was still in grade school.

- His greatest accomplishment is competing with the Navy wrestling team while at the U.S. Naval Academy.

- Most recently, at the Castle Open Wrestling Tournament Saturday, he won all three of his matches.

*"Wrestling is a demanding sport, and in my opinion, the ultimate test."*

# K-Bay wrestling club takes a stance at Castle match

**Lance Cpl. Jessica Mills**  
Sports Editor

The MCB Hawaii, Kaneohe Bay Wrestling Club competed in the first Annual Castle Open Wrestling Tournament Saturday at the Castle High School gymnasium.

The tournament was sponsored by the Hawaii Amateur USA Wrestling Club and Castle High School, and was open to all amateur or independent wrestlers on Oahu.

Six official teams competed. Four youth wrestlers from the K-Bay club competed in two separate weight classes.

During the tournament, wrestlers competed in three to four matches, consisting of two rounds. Each round lasted an average of 2 to 3 minutes, depending on the wrestlers.

"The Kaneohe Wrestling Club is not a team sport; it is an organization where we all train together and go to the same tournaments, but we compete individually and support each other," said Eric Fisette, head coach for K-Bay wrestling club and travel clerk for MCB Hawaii's Finance Office.

The wrestling tournament was very demanding, and each wrestler had the chance to compete at least three times.

Throughout the tournament, K-Bay's wrestlers stayed strong, winning six of their 12 matches.

In the 55-pound weight class, Billy Peabody, 9, won three out of his four matches, and took second place at the end of the tournament.

In the 76-pound weight class, three



Lance Cpl. Jessica Mills

**Carl M. Villalino, 10, tries to bridge his back and throw off wrestler Courtney Kinimaka, 10, of the Waikele Wildcats.**

wrestlers from K-Bay competed.

Julian Porcino, 10, won two out of his three matches and took second place in his weight class.

Carl Villalino, 10, won one match and finished in third place, and Jace Justus, 7, had to leave early and did not complete his matches.

Although no K-Bay wrestlers took first place this time, their spirits stayed high because they did well and had a good time.

"The wrestlers who come to our club are trying to compete against other athletes who have more experience, so what we try to focus on is learning the basics first. We teach kids to do the best they can and have fun while they're doing it," said Chuck Peabody, club manager and fleet mobile communications officer for CINCPAC Fleet. "As long as they do that, it's a good day."

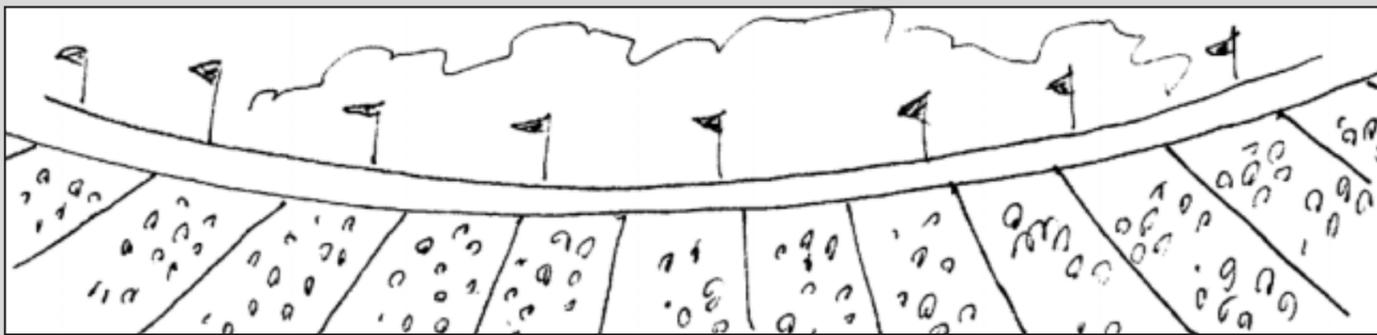
The K-Bay Wrestling "Kids Club" accepts children as young as six years old

all the way through high school. The season begins in March and culminates with its last match at the Aloha State games at the beginning of July.

"The Aloha games are like a mini-Olympics. The kids really seem to enjoy themselves, and it gives them a sense of pride to be part of the games," said Fisette. "The club wants to create an interest in wrestling for these kids and teach them about competition and sportsmanship."

## Did You Know?

The largest stadium ever to host a Super Bowl is The Rose Bowl in Pasadena, Ca., with a capacity of more than 102,000.



NAPS

## COMMENTARY

## America's favorite pastime has returned

Steven Kalnasy

Varsity Sports Coordinator

Wow! We are finally well into the new baseball season. Like many of my fanatical brethren, I have waited out the 6 long months counting the days until our favorite pastime would return. Like the migration of the Canadian Geese back to their home, baseball is back from its long hibernation over the winter.

Baseball is finally back! Who will be this year's victors? My prediction like most is that the Boss (George Stienbrenner) will spend the most money on players. This makes the odds on favorite to be the Yankees.

Last year's upset was great. Who could have guessed at the beginning of the season that a team from Arizona would unseat the dynasty from New York? No one. That's who! We all expected the Big Unit to win the Cy Young. He is just too big and powerful to count out. Curt Shilling was another who has been a consistent force in the National League. Still, to unseat the Rocket and his crew, well, that's just something that no one would have expected.

Personally, I am waiting for the best the Motor City has to offer. No, not the

*"Loyalty was instilled at every level of the game. Players wanted to contribute to the success of their home team."*

Steve Kalnasy

Varsity Sports Coordinator

Red Wings, or the Pistons, and definitely not the Lions who posted their worst season record in my lifetime. Of course I'm talking about the Tigers. It's been 18 years since they won the pennant, and 16 years before that in 68'. I think they are due for a winning season.

Even with the depressing outcome of the last couple of years, my excitement for my team will not falter. I am a dedicated fan through, and through. This passion, dedication, and loyalty was first realized when I attended my first game at Tiger Stadium with my dad in 1971. I remember hanging out with him that day. He splurged and got us box seats right over the Tigers dugout. There they were: Al Kaline, Mickey Lolich, Norm Cash, Mickey Stanley, Bill Freehan, Willie

Horton, Denny McLain, Dick McAuliffe, Jim Northrup, and the rest of the 71' Tigers. It was a great day!

The team was warming up to take on the Cleveland Indians. My dad knew a lot of the players because he grew up in Cleveland. In those days many of the players grew up around the teams they ended up with. Loyalty was instilled at every level of the game. Players wanted to contribute to the success of their home team.

One of my dad's friends approached our box from the field. His friend was the Manager of the team, Billy Martin. Billy threw me a ball that the team was practicing with. I missed the catch and two kids from nearby snatched it up and ran off. Billy yelled at them (he had a

very colorful way of using the English language), and gave me a new ball. I can't remember what the outcome of that day's game was. I can't even remember who was on the other team. I don't even have the ball that Billy Martin gave me, but I do remember what it was like to spend a day at the ballpark with my dad.

During the Korean War, my dad was a Marine with the 1st Marine Division. He made the Inchon landing on September 15th, and after nearly seven months of war, he left for home on a stretcher in April of 1951. He said that it was the perfect time to go home. Baseball had just returned from its long winter sleep and now he could rejoice in one of the things he was fighting for. It wasn't that baseball was so important to him as much as what baseball meant to our country, it's a symbol of America's freedom.

So rejoice. Baseball is back. Get behind your favorite team and show your loyalty no matter how they do. One thing is for certain, come October, a new champion will be crowned and the cycle will begin anew. Go Tigers!

Prolog: Since writing this article, the Tigers have racked up a pretty pathetic win/loss record.. Ow! Good thing there are 5 months left.

## Avoiding Outdoor Pests

NAPS

Featurettes

At your next barbecue or outdoor function, it's important to be sure the food you serve is the main course — not your guests.

While insect bites are often itchy or annoying, doctors warn they can lead to more serious problems.

According to the Centers for Disease Control and Prevention, more than 20,000 confirmed cases of insect-related illnesses, such as West Nile virus and Lyme Disease, are reported each year.

To protect yourself and your family, try these tips to keep bugs at bay:

- Apply an effective repellent to your body, clothing and shoes.

- Be aware of the surrounding environment in which your outdoor activities are taking place. Insects often live near stagnant ponds or puddles of water, or in dense vegetation.

- Keep covered. Wear light colored, loose-fitting clothing such as a long sleeve pullover, long pants, socks and shoes. Avoid wearing red and avoid scented soaps and shampoos, lotions, oils or perfumes.

- If you spend time in your backyard, be sure to frequently change the water in birdbaths and empty children's wading pools, toys and other containers holding stagnant



NAPS

**Some insect repellents made with natural ingredients can ward off insects as effectively as chemical based repellents.**

water when not in use. They can be breeding grounds for mosquitoes.

- Be alert to peak times of day when insect activity is at its highest at dawn, dusk and in the evening. Additionally use window and door screens to prevent any unwanted "houseguests."

BUZKASHI, From C-1

game is played on foot, like backyard football without pads.

Americans take their football very seriously, as do Afghans their Buzkashi. Fights among fans and players are not uncommon scenes at the events.

If you think that football players take their losses badly, the Afghans bring a new meaning to the term "sore loser."

After matches, players have been known to drown their opponents in nearby rivers.

The Afghans flock to the sporting events just as many Americans do to football games.

It is a tradition that has grown with the country, and helps define it as a nation just as football has done for us.

While our sports may

be a little different, the camaraderie of sportsmanship and the thrill of vic-

tory remain the same. We may be a lot more alike than we realize.



Official DoD Photo

An Afghan player tries to calm one of the horses.