

Hawaii MARINE SPORTS

Hawaii Marine C Section

May 23, 2003



Cpl. Jason E. Miller

Triathletes participating in the MAG-24 Sprint Triathlon switch from swimming mode to biking mode as they move on to the road biking section of the event. Competitors traveled about the base for more than 11 miles before taking on the running section.

Local athletes attack MCB Hawaii

Cpl.
Jason E. Miller
Press Chief

The 7th Annual Marine Aircraft Group 24 Triathlon challenged endurance racers from around the Island of Oahu May 17, when MCB Hawaii, Kaneohe Bay opened its gates for the competition.

The course consisted of a 500-meter swim in the crystal waters of Kaneohe Bay, followed by an 11-mile road bicycle ride around the base and finished with a 3-mile run around the base flight line to the ending point near the base marina.

More than 250 competi-

tors, both civilian and military, flocked to the base to challenge their personal fitness and conquer the course in as little time as possible, while gunning for the best placing in the final results. Contestants ranged in age from teenagers to seniors and challenged even the most fit of the triathletes.

Coming in, in under an hour, 18-year-old Matt Seymour from Honolulu led the pack of male competitors throughout most of the race and pulled a significant lead on the next finisher when he brought home the Triathlon's overall victory. Seymour's blonde and tall appear-

ance made him look like more of a surfer than a triathlete, but that didn't stop him from outlasting everyone else on the course.

"This course was a lot of fun, and I liked it a lot," said Seymour. "The whole biking section was very fast and it was a good time. It feels good to win. I'm pretty happy."

Another Honolulu resident, Suzanne Byrd, brought home the gold for the women's division of the triathlon when she finished the course in just over an hour, beating out the majority of the men in the competition and pass-

See MAG-24, C-8



Cpl. Jason E. Miller

Matt Seymour, 18, managed to beat out every other competitor in the triathlon when he finished the event in under an hour. Seymour pulled away from second place mostly during the 3-mile running section.

Skateboarders strut their stuff at 808 skate



Lance Cpl. Monroe F. Seigle

Nick Trisolini leaps in the air with his skateboard while performing a "spine" during the 808 Skateboard Competition.

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

Although they were only competing for bragging rights, that was enough for some K-Bay youngsters to put on an awesome performance and do tricks that



Lance Cpl. Monroe F. Seigle

Pascual Perron does a "grind" off a rail during the 808 Skateboard competition.

many adults would not attempt.

This was the scene for the 808 Skateboarding Competition held at the skate park aboard MCB Hawaii, Kaneohe Bay, May 17.

More than 20 children aboard K-bay ranging from age 7 to 14 were present for the free event with their skateboards and plenty of courage to show their skateboarding skills to the four judges and family members.

Chuck Mutsui, the owner of 808 Skateboarding Company, of Kailua, sponsored the event for the fourth year in a row. The children had one minute to show their best tricks for the judges and were judged on their consistency, style and difficulty of performance.

"I want to support the skateboarding scene," said Mutsui. "This is a health sport and keeps the kids out of trouble and gives them a chance to meet other

skateboarders while making new friends."

Dominic Perron, age 13, was awarded first place after showing the best style and performance. Second place was awarded to Joey Lovetron, age 14, and third place was awarded to Pascual Perron, age 11.

Other skateboarders were awarded for the best moves in their performance. Chris Garcia, age 13, was awarded for the best "360" and the best "slam" was awarded to Dustin Gentry, age 14. The youngest competitor, Bubby Marshall, age 7, was present for his first competition and was recognized for being the youngest present.

"I had fun showing the bigger kids that I could do what they can," said Marshall. "I am going to win the next competition because I will get much better at doing my tricks by next year."

BASE SPORTS

Edward Hanlon V MCCS Marketing

Semper Fit Center Hosts Teen Fit Program June 10

There will be four groups of six patrons ages 12-18, all patrons who are interested should register now.

The program fee of \$50 includes: personal training by a certified trainer on cardio and strength equipment, sports conditioning, fitness testing, racquetball, cardio kickboxing, volleyball instruction, strength training techniques and a membership card and certificate upon completion of the course.

For more information, call 254-7597.

Marina Offers Sailing Lessons

The base marina will be offering introductory lessons to sailing, beginning Monday. Upon completion of the five-class course, patrons will be able to put their skills to work with one of the numerous sailboats on hand at the base marina.

The classes are designed for patrons who work during the day and are offered from 5 to 7:30 p.m.

Costs range from \$69 to \$99, depending on pay-grade. Call 254-7667 for more information.

Intramural Leagues Battle

The Intramural Sports Teams are still battling every week to decide who's best. Softball goes every Monday, Tuesday and Wednesday at 6, 7, and 8 p.m. at the Annex or Risley field.

Intramural volleyball goes every Thursday and Friday starting at 6 and 7 p.m.

For more information on either softball or volleyball, call 254-7591, or 447-0498 at Camp H.M. Smith.

Marina Offers Equipment and Rentals

Spring into water sports at the Base Marina. Enjoy a day of sailing and sightseeing in one of its sailboats, powerboats — or for larger parties — one of the pontoon boats.

Rentals are available for sailing, water skiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level and for boat owners.

Two boat launch ramps are provided, as well as boat storage at the Marina pier.

Everyone can enjoy a day by the bay at the Base Marina.

For more information on the Marina's equipment rentals, call 254-7667.

Adventure Training Makes PT Fun

"Adventure Training" is designed to promote unit cohesiveness and enhance confidence in the water. It is a fun alternative to regular unit workouts.

Learn different water sports and conduct PT at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing, at no charge to all MCB Hawaii units.

Training and staff noncommissioned officers should call 254-7667 for more information

on adventure training.

Water Aerobics Makes Waves at Base Pool

For a change of pace, enjoy exercise with Water Aerobics offered at the base pool. At only \$2 per class, it's a cost-effective exercise program. Or, buy a book of 10 class coupons for only \$15.

Classes are offered on Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m., Tuesday evenings from 5 to 6 p.m. or Saturdays from 10 to 11 a.m.

To get information on aqua aerobics, call the base pool at 254-7655.

Massage Away Pain with Semper Fit

Massage therapy, by certified massage therapists, is now available aboard MCB Hawaii.

The massage therapy program will help relieve mental and physical fatigue, improve overall circulation and body tone.

For more information or to make an appointment to massage your pain away, call the Semper Fit Center at 254-7597, or 477-5197 at Camp H.M. Smith.

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.

To find out more or to take aim during paintball, call 265-4283.

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 baby-sitting venture.

Participants must volunteer to baby-sit three times a month at the fitness center, and children 6 weeks and older may attend.

For more information about the child care offered, call Sharon Kostic at 235-6585, or the

Semper Fitness Center at 254-7590.

"Sports" or Recreations Gets Advertised

Fax upcoming sports and recreational activities of general interest to the military or DoD community in the "Base Sports" column to 257-2511, or call 257-8836, or the Semper Fit Center at 254-7590 for more information.



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 on the young chippers at the Klipper, call 254-2107.



Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with attitude!"

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes aboard MCB Hawaii, Kaneohe Bay.

Also, check out Semper Extreme Bowling, Fridays, from 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m.; and Sundays, 6 - 9 p.m.

For more strike-saving information, call the K-Bay Lanes at 254-7693.

Base All Stars

NAME: Bubby Marshall

SPORT: Skateboarding

Favorite Move: The "Indy"

Age: Seven

• He has been skateboarding since age five.

• He learned to do the "Indy" at the age of five.

• He was the youngest competitor participating in the 808 skate competition.

• He has mastered fifteen difficult stunts with the skateboard in the last two years.



Lance Cpl. Monroe F. Seigle

"I like skateboarding because it is cool, and I can do neat tricks."

COMMUNITY SPORTS

HTMC Hosts Hikes and Climbs

Sunday at 8 a.m., the Hawaii Trail and Mountain Club will take a 5-mile trip around Kuolani-Waianu, and you are invited.

It is one of the clubs favorites for lush tropical hiking. The bird's nests and ferns nestled in the trees are a sight to see; however bug repellent is highly recommended.

For more information, call 235-8330.

Charity Event to Benefit Special Olympics

The Troy Barboza "Torch Run" will take place Thursday at 7:30 a.m. The event is a noncompetitive 5K fun run that is open to all MCB Hawaii personnel and their family members.

The torch run starts and ends in front of the Provost Marshal's Office, Bldg. 1096 aboard Kaneohe Bay. Registration forms are available at PMO.

With a donation of \$20, each participant will receive an event T-shirt.

For more information, call 257-1146 or 257-1230.

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 or older who enjoy the outdoors — not just hunters.

The next two-day session is May 23, from 5:45 - 10:15 p.m. and May 24, from 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 ID is required for entry to the sessions.

For more information, call 587-0200.

University of Hawaii to Sponsor Camps for Youth

Future baseball players from 8 to 18 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 information, call 956-6247.

Bellows Hosts Outdoor Recreation

This spring, you can be awash in outdoor activities at Bellows.

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, in-

cluding 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.

City Presents New Program

Interested community groups, local businesses, schools and churches are invited to become part of the "solution to pollution" by becoming community stewards through the City and County of Honolulu's "Adopt a Stream" program.

The program is intended to promote environmental awareness and understanding about non-point source pollution.

Under the guidance of the Department of Facility Maintenance, interested groups that want to help make a difference in improving the water quality in the Ko'olaupoko area can receive certification to adopt their own section of stream and keep it free from litter and other pollutants.

Each approved group will get a sign displaying the organization's name, for posting by its section of the stream.

For more details, call 527-5669.

SPORTS AROUND THE CORPS

Mud Run brings Corps, community together

Staff Sgt.
Jay Lamborn
6th Marine Corps District

MARINE CORPS RECRUITING STATION COLUMBIA, S.C. — They came from all over North and South Carolina. Some were military, others law enforcement and even some civilians. They came to get dirty, sweaty, exhausted and sun-baked with mud from the waters of Eastover, S.C.'s muddy rivers.

The 10th Annual United States Marine Corps Ultimate Challenge Team Mud Run was held May 9, 2003 at the South Carolina Army Reserve National Guard's McCrady Training Center, home of the Marines of Company D, 8th Tank Battalion, 4th Marine Division.

The Ultimate Challenge had 275 four-person teams while the 10K Cross Country Challenge and 5K Family Fun Run drew a total of 61 runners.

Since the 2001 running, the team run has more than doubled in size, according to John Hopkins, retired Marine officer and treasurer of the South Carolina Marine Corps Coordinating Council, parent organization of the race.

The largest categories, traditionally, are the open and Junior ROTC categories, he added. This year was no exception as more JROTC programs brought their students to compete for the traveling bulldog trophies in the male, female and coed categories. The team winners were Fort Mill High School, Fort Mill S.C. coed; Chapin High School, Chapin, S.C. male; and T. L. Hanna High School, Anderson, S.C., female.

In the open division, the Dirty Old Men took home the plaque, certificate and dog tags. The Dirty Old Men consisted of Columbia residents Ellis Toyne, Jim Kinard, Matt Stanick and Randy Hrecko.

The Homeland Heroes division, comprising law enforcement and fire and rescue personnel, was won by one of the South Carolina State Law Enforcement Division's entry, SLED Dogs.

Team FYIG took the honors in the corporate division and they represented Colonial Life & Accident Insurance Company of Columbia. Their team was comprised of Jack Douglas, Randy Boston, Randy Stober and Tim Bradley.

Taking top honors in the military division was the host unit D Co., 8th Tank Bn., Delta Dogs. The Delta Dogs were led by Capt. Matt Youngblood and consisted of 1st Sgt. Charles Blumenberg, Sgt. James Wilson and Sgt. Jeffrey Townson. The Dogs also took home the overall honors with a time of 41:56.

Captain Bill Brockman, of the Army's 2-28 Infantry Bn. at Fort Jackson, S.C. said with a

smile, "This was truly an outstanding event. For once in my Army career, I had something positive to say about (the Marine Corps)."

Among the nearly 1,200 competitors, there was universal praise for doing away with the lottery-style start system and going to a "first-entered, first start" system that cut down the overall crowd and helped everyone enjoy themselves even more.

"In my opinion, everything was perfect from the pre-race information

to the post-race wash down and refreshments," said Anthony Oliver, one of the runners. "You guys did a really outstanding job and we greatly anticipate next year's race."

The members of the coordinating council are pleased with this year's results, but still hope to improve for next year.

"While our baby is doing pretty well at 10, they can't wait to see what happens when it turns 11 next year," said Hopkins. For more photos, visit www.usmcmudrun.active.com.



Staff Sgt. Jay Lamborn

Erika Harley and Jennifer Sturgis crawl out of one of the final obstacles. With just 150 yards to go, they have sweated in the woods, crawled through mud and under M1A1 tanks, swung across a pit, climbed a cargo net, baked in the Carolina sun and crawled through more mud. Now all that's left is joining their two teammates at the stretcher carry where one will lie down and the rest will carry the stretcher to the finish.

Knowledge dispells common allergy myths

NAPS

Feaurettes

Knowledge is the ultimate weapon in the fight against allergies. That's because accurate information can help lead you and your family to the most effective treatment and prevention strategies. Consider these common allergy misconceptions and the truth behind them:

Myth: Moving to a Southwestern state will cure my allergies, so I can really take advantage of all the great outdoors has to offer.

Fact: The potential to develop allergies exists everywhere. Moving to a Southwestern state may relieve allergies initially, but new allergies to local plants, for example, can develop within a few months.

Myth: I don't need to be concerned about treating my allergies; they are harmless and will subside.

Fact: As the sixth leading cause of chronic disease in the United States, allergies are a serious condition. If left untreated, allergies can negatively affect one's life, including interfering with sleep and learning abilities-potentially resulting in missed school and work. Untreated allergies also can result in other serious health problems that could even affect your ability to breathe.

Myth: I suffer from allergies, but because my spouse doesn't, my kids probably won't either.

Fact: A child with one parent who suffers from allergies is 50 percent likely to develop allergies. A child with two parents who suffer from allergies is 66 percent likely to develop allergies.

Myth: Continuous exposure to pets is all that's needed to decrease pet allergy symptoms.

Fact: For pet owners with allergies, the best way to relieve symptoms is to move the pet outdoors. If that is not

an option, pet owners should keep the pet out of the bedroom, bathe it twice weekly to reduce the allergens in the

air, have a non-allergic family member brush the pet outside and clean out the pet's cage or litter box frequently.



Ear Infections delay learning

NAPS

Featurettes

Ear infections will affect two-thirds of youngsters at least once in their lives, causing temporary hearing loss, and recurring ear infections which can cause permanent damage.

Knowing just a few facts about ear infections can help parents protect their children's hearing and their ability to learn.

Ear infections usually occur after the child has had a cold or respiratory infection. Bacteria is the culprit, causing the middle ear to fill with fluid and resulting in a temporary mild to moderate hearing loss which can last three months. Even the common cold can cause some hearing loss and children have an alarming six to twelve colds a year.

The most common signs are ear pain or fever. The child may be less attentive, need the televi-

sion louder, have trouble with balance, or pull absent-mindedly at his ear.

Unfortunately, ear infections strike just as children are learning language and may delay language development and comprehension.

Fortunately, technology in our schools has made it easy to compensate for temporary hearing loss. Sound field systems that gently amplify the teacher's voice have been shown to help students pay attention, increase comprehension, and develop language and literacy skills. The teacher simply wears a microphone and projects her voice through speakers so kids with mild to moderate hearing impairment won't miss out. Even children without ear infections show marked improvement.

Unfortunately, a lot of schools still don't know about sound field, or see it as a luxury item in these

budget-conscious times.

In one recent study, a school in Utah amplified three first-grade classrooms with students prone to ear infections. Before amplification, only 44-48 percent of the kids scored at least "basic" level on core curriculum, but after seven months of sound field, 74 percent of students scored at "basic" and above. They continued to be successful into the second grade.

One good resource for parents to learn more about schools, sound field, and hearing loss is www.phonicear.com. Phonic Ear, a manufacturer of sound field systems, offers general information as well as scientific studies and funding tools at their Web site. The fact is, all the sophisticated teaching in the world won't help because if kids can't hear, they can't learn.

Amplification in the classroom can compensate for the hearing loss.

KILL • A • WATT

MAG-24, From C-1

ing the leading woman during the final run section.

“The course was great,” said Byrd. “I had a tough time with the biking section, but overall, everything went great. It was a great race and I like how it all turned out.”

The athletes participating in the MAG-24 Triathlon ranged in

fitness levels from that of a weekend warrior to full on fitness machines with \$5,000 bicycles and lungs of steel.

The true spirit of a triathlon such as this one though, lies in how each athlete pushes himself to attain a better time and improve his own fitness level. The MAG-24 triathlon pushed each of the competitors to their own limits.



Cpl. Jason E. Miller

Contestants in the MAG-24 Sprint Triathlon wade waist deep in the waters of Kaneohe Bay before beginning the Triathlon.



A triathlete hammers his way through the cycling section of the 11-mile course during Saturdays 7th Annual Marine Aircraft Group 24 triathlon

Cpl. Jason E. Miller