

Hawaii MARINE SPORTS

Hawaii Marine C Section

May 30, 2003



Cpl. Jason Miller

While keeping an eye on the ball, Jeffery Privott, coach/shortstop for the Black Sheep, determines where he can hit the ball in order to bring in a run in intramural softball.

Sports programs enhance unit camaraderie

Cpl. Jason E. Miller
Press Chief

In 1815 after Napoleon's crushing defeat at Waterloo, the Duke of Wellington, is reported to have stated, "The battle of Waterloo was won on the playing fields of Eton." By this he meant that when his units participated in friendly competition together, they bonded in such a way, that they could not be separated on the battlefield, even by one of the most feared armies on the planet.

Marine Corps Base Hawaii's playing fields are home to the exact same kind of unit cohesion, as the varsity and intramural sports programs here provide enough activities for Marines and Sailors in any

unit to get involved with their favorite athletic pastimes.

"We really do offer a lot," said Jo Au, intramural sports coordinator for MCB Hawaii, Kaneohe Bay. "The intramural sports program is for athletes at all levels. We want people to come out and participate."

All active duty service members are eligible to join intramural teams. Family members and Department of Defense employed civilians are also encouraged to participate, so long as they are over the age of 18.

Currently, the four main sports that the intramural program supports are basketball, volleyball, softball and soccer, although in the last year, tackle football

and fastpitch baseball have both been added to the table. Many athletes who fall into the niche of smaller sports, including tennis and surfing are not forgotten either. Intramural sports hosts tournaments to give these athletes a chance to compete against one another.

"Everything we offer is a reflection of the desires of the base community," said Au. "The ideas for football and baseball came directly from the community, and we put them into practice. We're really here for the Marines and Sailors. That's our whole mission."

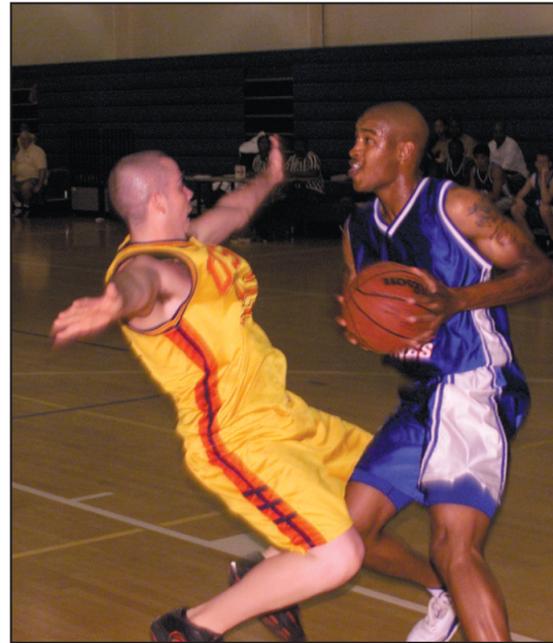
Most of the sports go through a regular season, and then wind down through a playoff tournament, where every team competes for the intramur-

al championships. Many units on base form friendly rivalries that always keep the games interesting.

Uniforms may or may not be supplied via the intramural sports office, depending on the sport.

For athletes who clearly stand out in their respective sports, the varsity sports program, headed up by Steve Kalnasy, offers talented athletes a chance to match their skills against the best in the Marine Corps and the other armed services. Athletes must first try out for a base varsity team, and then compete regionally with other bases such as those in Okinawa or Iwakuni, Japan. The very

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Lance Cpl. Monroe F. Seigle

Nathan McQuirter, forward for the MCB Hawaii Basketball team, shows no fear against a 29 Palms Basket Ball Team defender.

Marine wife takes on the world at Japan Ironman

Steven Kalnasy
Special to the Hawaii
Marine

For those of us who haven't run in an Ironman, the very thought is incomprehensible. The idea of swimming 2.4 miles, riding a bike 112 miles, and running 26.2 miles all in one day doesn't even enter our minds. For Kailua resident, and Marine wife Deirdre Tennant, winner of the 2003 Japan Ironman, the thought of not competing makes no sense at all.

Swimming in college, Tennant began her brush with fame in 2000 after living in Hawaii for three years.

Encouraged by friends and family, she entered a local triathlon and found that she still enjoyed the challenge of competition. Often separated from her husband, (Captain Thomas Tennant, Alpha Company Commander with 1st Bn. third Marines), for long periods, training seemed like just the cure to get through those lonely times.

Encouraged by her husband, Deirdre entered her first triathlon in May of 2000. The MAG-24 Sprint Triathlon held annually aboard MCB Hawaii gave her the first taste of victory in a sport that would become

such an important aspect of her life. In that contest, Tennant took 1st place in her division, and 4th place overall. "That was my favorite race of all," she said.

Over the next three years, her name has become well known in the triathlon community. Qualifying for the Ironman World Championships in Kona, Hawaii in 2001, Tennant made her mark by taking 2nd place in her age group and 18th overall. Since then, she has competed in 13 triathlons and various other competitive race events, which allowed her to achieve yet another milestone

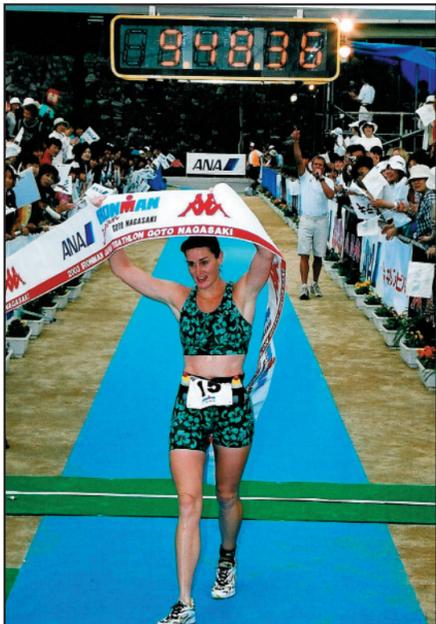
in her competitive career — becoming a Pro.

This past April, Tennant and her husband were supposed to travel together to Southern California for her to compete in the "Ralphs California Half Ironman" aboard Camp Pendleton. But due to world events, her husband would deploy earlier than expected in support of contingency operations in the southern Philippines. Deirdre found herself facing the demons of competition alone. But after taking 6th place overall in the "Ralphs California" event, she knew she was ready for her next challenge, the

"Japan Ironman" in Goto, Nagasaki.

Aware that she now would not get to see Tom while training and racing in Japan, she stayed with a friend, Steve Hazlett, a Marine Master Sergeant stationed at MCAS Futenma and his family in preparation for the race. While training for the upcoming Ironman event, she was to learn that due to the severe acute respiratory syndrome outbreaks in Asia, local Japanese government officials had banned all foreigners from participating in the race. Desperate, Tennant re-

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Courtesy of the Tennant family

Deirdre Tennant crosses the finish line victorious at the end of the Japan Ironman competition held in Goto, Nagasaki, Japan.

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 Recreation Get 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: John Kolb

UNIT: MALS-24

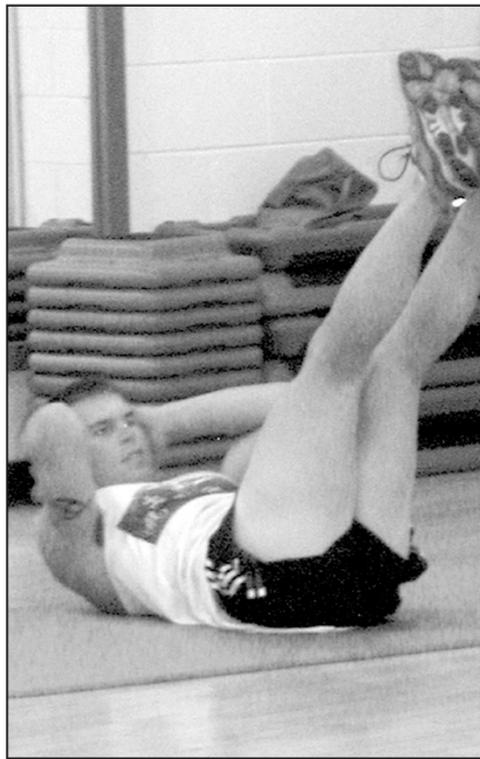
BILLET: Avionic Technician

SPORT: Cycling, Swimming,
Running

• Most recently competed in the
MAG-24 triathlon and placed third
in his age division.

• He also place third in his division
during the Kalaeloa Sprint Triathlon
in October of last year.

• He ran in the Great Aloha Run in
February and placed 110th out of
more than 15,000 runners.



Cpl. Jessica M. Mills

"I love the camaraderie when you're competing in these events, and you feel great afterwards."

COMMUNITY SPORTS

HTMC Hosts Hikes and Climbs

June 7 at 8 a.m., the Hawaii Trail and Mountain Club will take a four-mile trip to Nu'Uanu, and you are invited.

Nu'Uanu was constructed in the early '90s as part of the Nu'uanu-Tantalus-Manoa trail complex, this pleasant woodsy route is a welcome retreat from the hustle and busy of the nearby city.

For more information, call 377-5442.

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, 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.

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 under-

standing 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.

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).

SPORTS AROUND THE CORPS

Boxers compete, raise funds for birthday ball

Cpl.
Nicholas Tremblay
MCLB Albany

MCLB ALBANY, Ga. — The base tennis courts were the place to be May 15. More than 480 people were inside the fenced in area, but not to play or watch a tennis match. Instead they gathered to watch 26 Marines and Sailors duke it out in the ring.

This was the second boxing event held here to raise funds for the Albany Sergeant and Below Marine Corps Birthday Ball. Admission was \$5, a small price to pay considered by some attendees to watch 13,

two-minute, three-round matches. Approximately \$2,758 was raised through ticket, food and refreshment sales, which will be donated to the Sergeant and Below Enlisted Ball fund.

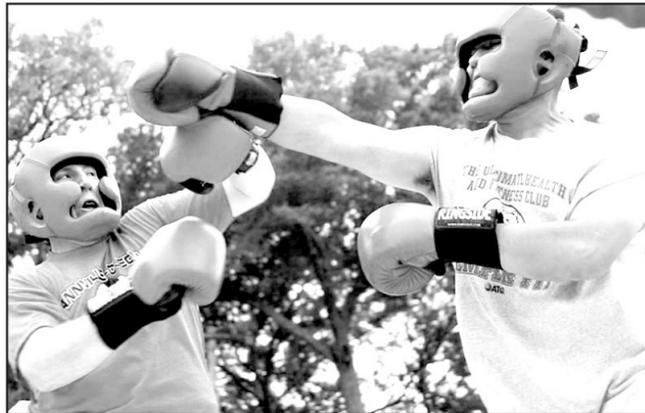
According to Sgt. Maj. Stephen Martin, the coordinator for the event, each boxer was evenly matched with an opponent according to weight and skill to ensure a fair fight. During each match, a referee was in the ring to ensure the safety of the fighters and medical personnel were on hand in case a fighter was injured. The boxers wore protective head and waist gear to lessen the

impact of the punches.

Many of the boxers were amateurs and had little or no boxing experience, but according to Martin, they still gave it their all and put on a great show.

The first fight of the night set the tone for matches to follow. The heavyweight contenders battled it out, throwing fierce punches for three

See BOXING, C-5



Cpl. Nicholas Tremblay

Douglas A. Groff (left), Albany Marine Band Musician, blocks a right hook from Cordell L. Thompson, telephone technician, during a base boxing event May 15 at the base tennis courts. Twenty-six Marines and sailors competed in the event that raised more than \$2,758, which was donated to the Sergeants and Below Enlisted Birthday Ball fund.

Feeling Pressured About High Blood Pressure?

NAPS

Featurettes

There are steps that can be taken to lower blood pressure and reduce the risk of getting heart disease or having a stroke, but first, it's a good idea to learn more about this dangerous condition.

High blood pressure can be especially dangerous because it often has no warning signs or symptoms. Regardless of race, age or sex, anyone can develop high blood pressure.

It is estimated that one in

every four American adults has high blood pressure. Once high blood pressure develops, it can last a lifetime. However, you can prevent and control high blood pressure by taking action.

These steps include maintaining a healthy weight, being physically active, following a healthy eating plan that emphasizes fruits and vegetables and low-fat dairy foods and choosing and preparing foods with less salt and sodium.

Getting the facts is a good place to start. To help people learn more about high blood

pressure and how it can be treated, the American Heart Association created Heart Profilers.

"Heart Profilers is not just another medical or health Web site," said Dr. Clyde Yancy, associate professor of medicine /cardiology at the University of Texas Southwestern Medical Center. "It's a major advance in online technology that has the potential to change the way patients and physicians interact with each other."

Patients can read side effect descriptions for particular drugs, learn how their treatment

compares to others, and download questions to ask their physicians. The site includes an integrated index of medical terminology to ensure that patients understand their condition and all treatment options. The tool also can connect interested patients, at their request, to nearby clinical trials so that they learn about qualifying for experimental treatment programs.

High blood pressure management is imperative to reduce the incidence of coronary heart disease—the single largest killer of Americans. About one-half of people who have a

first heart attack and nearly two-thirds who have a first stroke have blood pressures higher than 160/95 mm Hg.

The American Heart Association also offers an online treatment management tool for healthcare professionals. Like the tool for consumers and patients, the version for nurses and physicians provides customized treatment management information for individual patients.

For more information on coronary heart disease, visit the Web site at americanheart.org/heartprofilers.

BOXING, From C-3

rounds until the bell sounded and the judges decided a victor.

One match that many attendees looked forward to was the female bout between Jessica R. Armstrong and Jolanta Krempin. Armstrong outweighed Krempin by 20 pounds but Krempin's height and reach offset the weight difference. Both fighters exchanged blows until the final bell. The judges declared Krempin the victor, but both fighters received trophies for the best overall contenders. Some argued that the female fight was one of the best bouts of the night.

Martin thanked all the boxers and everyone who helped make the event possible. But he especially appreciated all the people who attended.

IRONMAN, From C-1

lied on Hazlett for help. Hazlett convinced Japan Ironman officials that Tennant's time in Japan would fall outside the World Health Organization incubation period of 10 days in country, and Tennant's date with destiny was back on track.

On May 18, 2003, Tennant faced her most difficult race yet. At seven that morning, along with 915 other swimmers, she entered the waters off Fukue Island in a mass start that could only be described as pure chaos. Setting a swim record 51:37 for the 2.4-mile course, Tennant was the first person out of the water.

"It is a great honor that I did not immediately realize that I am one of only three women to ever win the swim outright in any Ironman race," said Tennant.

The next closest woman was a full three minutes behind her. Psyching out the top competitors with her performance in the swim portion of the event. Considered a 'dark horse' in the race, Tennant was resolved to take 3rd place when the day was done.

"It was going to be a long day" said Tennant, expressing her feelings that morning.

Coming out of the bike corral to begin the daunting 112-mile bike ride, Tennant was met by Lothar Leder of Germany. Leder, a top triathlete in the world was visibly shaken by the performance of Tennant. Not wanting to be overshadowed by a female competitor, Leder raced to exit the transition area alongside the women's leader.

The bike portion of the Ironman event would take 5:40.17 to complete, which for Tennant would be the most difficult portion of the day.

"I felt alone", she said. "I saw two of the lead women not far behind me and knew they had to be aiming to knock me out of contention."

Those two women, Nicole Leder and Belinda Halloran would be penalized 5- minutes for drafting. The only respite for Tennant was when she passed a Japanese marching band playing 'America the Beautiful.'

"They (spectators) cheered me on. They made me feel welcome and gave me strength." She said.

Not knowing where her nearest competitor was Tennant had no idea where she stood in overall competition. She knew she was in 1st place, but for how

long? In reality, Tennant was over 5 minutes ahead of her nearest foe.

Some six and half-hours after she began, Tennant found herself on the final leg of her self-imposed torture chamber. The first woman through the transition (bike to run), she entered the run experiencing some pain in the metatarsal region of her foot.

"It felt like I was running on pins," she said. Determined to get through it (race), Tennant pressed on. "Even with the pain in my foot, I felt strong I never hit the wall I never got tired until about three miles out from the finish line," she explained.

It wasn't until she approached the finish that she realized she had won the race. "If not for the love and support of my husband, I wouldn't have been able to do it," she said. "He called me right before the race to wish me well. That is what carried me through the race. I only wish he was there to see my Ironman victory."

Tennant looks ahead and waits for her next challenge.

SPORTS, From C-1

best of these athletes are chosen for the All-Marine Team, which competes head-on with other armed services teams throughout the year.

For highly skilled athletes in other sports, that may not have base varsity teams, athletes are encouraged to submit resumes citing accomplishments for consideration to the All-Marine team in that respective sport.

In all, the base sports program provides service members a real chance at improving their combat readiness by maintaining a high level of physical fitness, and bonding tightly with their respective units.

Yearly calendars are available at www.mccshawaii.com.

For more information on intramural sports, contact Jo Au at 254-7590.