

# Hawaii MARINE SPORTS

Hawaii Marine C Section

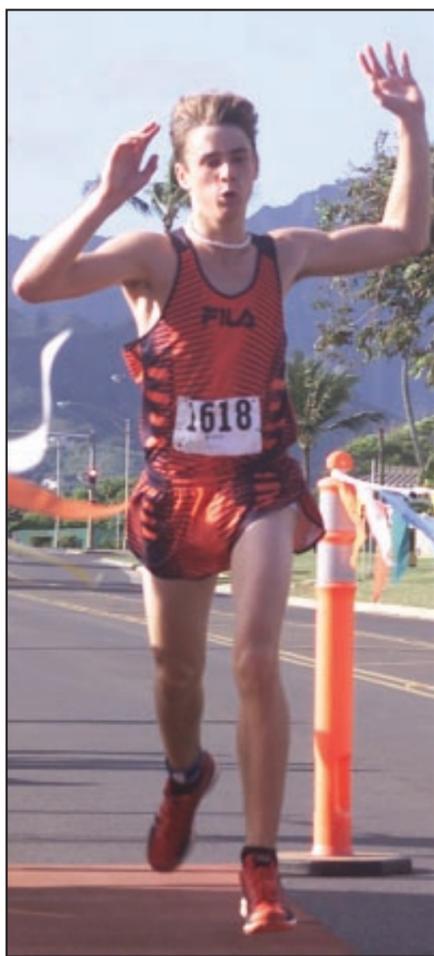
November 29, 2002



## Turkey Trot

Racers dash from the Pop Warner Field starting line in 1st Radio Bn.'s Turkey Trot, Saturday. The contest included a 10-kilometer race and a 1-mile Family Fun Run.

# Radio Bn. race draws hundreds



Overall men's winner Andrew Maixner, a 17-year-old Radford High School student, crosses the finish line with a time of 38:30.

Story and Photos by  
**Sgt. Robert Carlson**  
Combat Correspondent

The 5th Annual 1st Radio Bn. Turkey Trot drew more than 230 competitors for a 10-kilometer race and a 1-mile Family Fun Run Saturday.

The race was the last of the year in the eight event commanding general's Semper Fit Series, which includes the Swamp Romp and the Surf and Turf, among others.

The Turkey Trot, just as in previous years, took the racers on a grueling 10k course which started at Pop Warner Field and wound up Lawrence Road to the top of Daly Road, then back down the hill and out to the Nu'u'pia Ponds trail.

With the recent opening of the running trail around the ponds, the course was adjusted slightly.

Racers followed the foot bridge there, through the aircraft static display near the H-3 Gate, and back up Lawrence to the finish line.

The first racer to cross the finish line was 17-year-old Radford High School student Andrew Maixner, who led the race for most of the course, and finished with a time of 38:30.

Maixner was closely followed by second place overall finisher Seth Lewis, a rifleman with Lima Co., 3rd Bn., 3rd Marine Regiment.

"It was a great course and we got a lot



The team from 3rd Marine Regiment's Personnel Support Center was the first 10-person fast formation to cross the finish line.

of motivation running through the woods," said Karl Kirk, director of 3rd Marine Regiment's Personnel Support Center. "We started off quick and were able to maintain a fast pace throughout."

Kirk and his team from 3rd Marine Regiment's PSC, won the 10-person fast formation category with a time of 50:27.

First in the women's overall was Andrea Stover, platoon commander for 1st Radio Bn.'s Electronic Intelligence Platoon.

In all, nine age categories had participants, and each category had a men's

and a women's winner.

In addition to the 10-person fast formation category, in which the first three teams won prizes, a Family Fun Run kept dozens of children and their parents motivated during the Turkey Trot. Everyone in the Fun Run received a participation ribbon and a taste of what it's like to participate in a running race.

The Turkey Trot was the last race of the year, and Marine Corps Community Services is already preparing for the next season of races in the CG's Semper Fit Series.

# Body Blast takes off at Semper Fit Center Fridays

**Pfc. Monroe F. Seigle**  
Combat Correspondent

The Semper Fit Center Gym offers an hour-long Body Blast workout every Friday at 5:45 p.m. for both active duty military and their spouses.

Body Blast is a complete and total body workout designed to tone and strengthen the entire body with weights, tubes and workout balls.

"Body Blast is a great physical and cardiovascular workout," said Jennefer Pruet, an aerobics instructor at Semper Fit. "It is a non-stop workout going from one exercise to another."

During the workout, participants listen to fast-paced music while doing a variety of dances and

repetitions with weights to strengthen the body, and bands to strengthen the muscles through endurance.

No experience is required to participate in the Body Blast workout, because Body Blast is designed for all levels of fitness.

"Body Blast is a great way to get in shape in a low-impact environment," said Pruet. "This workout can benefit a person in numerous ways physically."

Classes are \$2 for all participants. Comfortable attire along with proper footwear is recommended.

For more information, call the Semper Fit Gym at 254-7591/7590.



Pfc. Monroe F. Seigle

Participants in the Body Blast workout program get in shape during the hour-long workout class every Friday at 5:45 p.m.

# BASE SPORTS

## Debbie Robbins

MCCS Public Relations

### May the Best Ball Win

It will be fair game on the fairway on December 6, at the Single Marine & Sailor Program's Shank & Slice Best-Ball Tournament.

This day on the links is open to all active duty military, however there will be a limited number of spaces.

Shank & Slicer's will begin the tournament with a 12:30 p.m. shotgun start and end with sodas, pupu's and prizes.

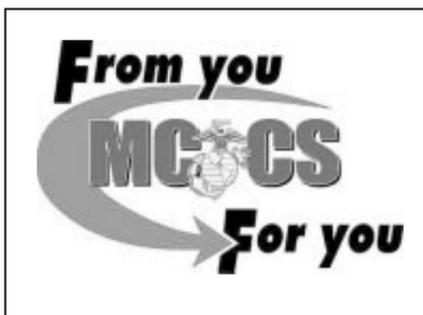
Awards will be presented to the golfer with the longest drive as well as closest to the pin.

Costs are \$22 per person for E5 and below and \$30 per golfer for E6 and above. Included in the price are green fees, cart, prizes, pupus and sodas.

For those interested in participating and spending the day on the spectacular Kaneohe Klipper Golf Course, please call 254-7593. Register early and secure your position at the SM&SP office.

### Semper Fit Seeks Resumes

Semper Fit is accepting resumes for



the following programs:

- Feb.10 - April 9: All-Marine Wrestling Trials will be held at MCB Quantico, Va.

Resumes must include past wrestling experience, weight class, number of matches, and results in past two years; and command authorization to compete at the highest level of competition.

The resumes are due to MCCS Athletics no later than Dec. 10.

- Feb. 13 - 17: All-Marine cross country team. Selectees will compete in the Armed Forces Cross Country Championship in Houston, Texas.

These resumes must include dates, places, and finish times of 5K and 10K

resumes ran in the past two years; registration with USA track and field; and command authorization to compete at the highest level of competition.

The resumes are due to MCCS Athletics no later than Dec. 6.

- May 9 - 12: Army Invitational/CISM Taekwondo Trials at Fort Indiantown Gap, Pa.

Resumes must include previous taekwondo competition and results from the past two years, Kukkiwan dan certification (black belt), current 2003 U.S. taekwondo union membership card number, and command authorization to compete at the highest level of competition.

These resumes are due to Marine Corps Community Services no later than Dec. 6.

For more information or questions about any of these programs, contact Steve Kalnasy, Varsity Sports coordinator, at 254-7590.

### Paintball Takes Aim

Let your "inner-predator" come out. Spend a day practicing your combat skills with Paintball Hawaii.

The field is open Fridays, by appointment only, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

Private games and birthday parties are welcome. Select Fridays are available for training exercises and unit events.

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. Players have the option of bringing their own paint or buying it at the field.

For more details, contact Paintball Hawaii owner Roland Manahan at 265-4283, or Single Marine and Sailor Program at 254-7593.

### Fast Pitch Seeks Players

Intramural Sports Coordinator Joe Au is seeking command interest in fielding intramural baseball teams for January.

This will be a fast-pitch baseball league.

Interested military members should contact their sports representative, and the reps should e-mail Joe at Joe.Au@usmc-mccs.org

### Rocker Room Rolls with Pigskins

Cheer on your favorite NFL football team every Monday night at the Staff NCO Rocker Room's Monday Night Football pigskin and pupu party.

Doors open at 4:30 p.m., and plenty of free prizes and pupus will keep you and your gang coming back for more.

A King and a Queen of the Quarter will be crowned and become eligible to win the regal recliner during Super Bowl Sunday.

### Bowlers Strike at K-Bay Lanes

Bowling is back, and 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.

Bowling leagues for youth, women, intramural and a Wednesday night mixed foursomes are starting.

Also, check out Semper Extreme Bowling Fridays 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.

The K-Bay Lanes features bumper bowling for keiki, a hearty snack shop, a pro shop and arcade.

Birthday and private parties are welcome.

For more details, call K-Bay Lanes at 254-7693.

### Single Marine & Sailor Program Offers Golf Discounts

Take advantage of the benefits the Single Marine and Sailor Program has to offer.

The Kaneohe Klipper has discounted prices for E-5 and below.

The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.

Two tee times on Saturdays and Sundays are reserved for the Single Marine and Sailor Program only.

The deadline for the Saturday tee-off is Thursday at 5 p.m., and Sunday's deadline is Friday at 5 p.m.

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

The SM&SP Office is located inside Bldg. 219 aboard Kaneohe Bay

Its events are open to single, active duty military.

### E'Club Hosts Sports Night

Don't forget that you can ease back at the E'Club every Monday night during its weekly "Sports Night."

For more information, call the Enlisted Club at 254-5592.



Sgt. Robert A. Carlson

## Base All Stars

**NAME:** 2nd Lt. Andrea Stover

**AGE:** 25

**UNIT:** 1st Radio Bn.

**BILLET:** Platoon Commander, Electronic Intelligence Platoon

**SPORT:** Running

- This is her first military command after The Basic School.

- She has been running competitively since high school where she competed in the mile, half-mile, and 400 by 400 meter relay.

- The Turkey Trot was Stover's first military race. She finished the 10K run in 44:47.

*"Running is such a simple sport. You don't need any special equipment, and no one can cheat."*

## COMMUNITY SPORTS

### Bellows Hosts Outdoor Recreation

Just because summer is over, does not mean you have to be a couch potato. Bellows Recreation (at 259-8080) offers plenty of outdoor activities.

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.

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 information, call Bellows Recreation at 259-8080.

### 2002 Special Olympics Needs Volunteers

Special Olympics Hawaii is delighted to announce that Hickam Air Force Base and MCB Hawaii, Kaneohe Bay, will co-host the 2002 Holiday Classic on Dec. 6, 7 and 8.

MCB Hawaii will partly provide housing and sports venues for more than 800 Special Olympics athletes from more than 65 delegations throughout Hawaii who have been training and competing locally for the privilege to compete in the 2002 Special Olympics Hawaii's Holiday Classic.

There is a need for adult volunteers to assist as bowling lane escorts and monitors, basketball scorekeepers and timekeepers, in volunteer hospitality and merchandising, in awards presentation, set-up and breakdown, and on the warehouse crew.

Supervised children are welcome to accompany volunteers to most events and cheer on athletes.

Volunteer briefings will be held Dec. 3 at the Ice Palace and Dec. 6 - 8 at MCB Hawaii, Kaneohe Bay, and at Hickam AFB.

Special Olympics Hawaii has outgrown most facilities on Oahu, and without the support of the military, organizers say they would not be able to open their competitions to every Special Olympics athlete.

The 2002 Holiday Classic serves people with mental retardation or closely related developmental disability.

### Event Schedule MCB Hawaii & Hickam AFB

- **Tuesday, Dec. 3**  
Speed skating competitions:  
Ice Palace, 9 a.m. - 1 p.m.

- **Friday, Dec. 6**  
Basketball competitions:  
Semper Fit Center, K-Bay, from 12 - 6:30 p.m.  
Hickam Gym and Youth Center from 12 - 6 p.m.  
Bowling competitions:  
K-Bay Lanes, 12 - 3 p.m.  
Hickam Lanes from 11:30 a.m. - 5:30 p.m.

- **Saturday, Dec. 7**  
Basketball competitions:  
Semper Fit Center, K-Bay, from 9 a.m. - 5 p.m.  
Hickam Gym and Youth Center from 9 a.m. - 5 p.m.  
Bowling competitions:  
K-Bay Lanes, 8:30 - 11:30 a.m.  
Hickam Lanes, 8:30 - 11:30 a.m.

- **Sunday, Dec. 8**  
Basketball competitions:  
Semper Fit Center, K-Bay, from 8 a.m. - noon

Hickam Gym and Youth Center from 8 - 11 a.m.

Bowling competitions:  
K-Bay Lanes, 8:30-11:30 a.m.

Hickam Lanes, 8:30-11:30 a.m.

## Break the record



Cpl. Ethan E. Rooke

Lance Cpl. Seth F. Redford, Platoon 2117, Echo Co., broke the Marine Corps Recruit Depot record "pull-ups done by a recruit" when he did 76 during the company's final physical fitness test Nov. 15.

## SPORTS AROUND THE CORPS

## Boxers square off in USMC boxing trials

## Hawaii Marine defeated by Lejeune boxer

**Sgt. Allan J. Grdovich**  
Camp Lejeune Public Affairs

**CAMP LEJEUNE, N.C.** — The Marine Corps Boxing preliminaries Nov. 20 at the Geottege Memorial Field House aboard Camp Lejeune.

The 11-bout fight card was highlighted with an enlisted/officer duel in the final bout when Lejeune-based boxers Sgt. Ruebenn Woodruff and 1st Lt. Adam Rickenbach squared off in the 201-plus weight class.

Woodruff ended the match after knocking down the intimidating Rickenbach with a body shot, which sent the young lieutenant to the deck for the second time in round two of the fight.

*The Results*

Sergeant Joseph DeValle, 125, from 2nd Marine Division, Camp Lejeune, out pointed fellow Lejeune Marine Lance Cpl. Edward Mable, 125.

Private First Class Eric Canales, 141, with Marine Corps Air Ground Task Force Training Center, Twentynine Palms, Calif., defeated Lejeune's Sgt. Thomas Jensen, 141.

Marine Corps Base Camp Pendleton, Calif.'s, Cpl. Roy Aviles, 141, bested



Sgt. Allan J. Grdovich

**Second Marine Division's Lance Cpl. Javier Fuentes, left, and 2nd Force Service Support Group's Cpl. Anthony Doughty, trade jabs at the Nov. 20 boxing trials.**

Marine Corps Air Station Cherry Point's Cpl. James Brown.

Nationally ranked Sgt. Anthony Little, 152, from Twentynine Palms, out pointed 2nd Marine Division's Cpl. Ariel Ovaless, 152.

Lejeune's Lance Cpl. Christopher Govan, 152, defeated MCB Hawaii,

Kaneohe Bay's, Pvt. Amaury Torres.

Pendleton's Cpl. Roderick Prevost, 165, out pointed Cherry Point's Lance Cpl. Jason Aronson, 165.

Marine Corps Air Station Yuma, Ariz.'s Cpl. Arturo DelaMora, 165, out pointed Lance Cpl. Franki Bentancourt, 165, from Okinawa, Japan.



Sgt. Allan J. Grdovich

**Super heavyweight Sgt. Ruebenn Woodruff refreshes between rounds during the second night of the Marine Corps Boxing Team preliminaries Nov. 20.**

Corporal Anthony Doughty, 178, with 2nd Force Service Support Group, Camp Lejeune, out pointed 2nd Marine Division's Lance Cpl. Javier Fuentes, 178.

Corporal Ward Wright, 178, from Cherry Point knocked out Sgt. Brian Clooky, 178, with II Marine Expeditionary Force, in the first round.

Lance Cpl. Jimmy Owensby, 201, from Okinawa, Japan, defeated 2nd Marine Division's Cpl. Joseph Laster, 201, after the referee stopped the fight in fourth round.

Sergeant Ruebenn Woodruff, 201, from II MEF, knocked out 1st Lt. Adam Rickenbach in the 2nd round.

# Did You Know?

Keeping in the swim can really keep you fit. You can burn up 240 calories every 20 minutes by swimming.



NAPS

**Worth Repeating:** "If you don't run your own life, somebody else will." — **John Atkinson**

# Some diets blur vital facts

**NAPS**  
*Featurettes*

When it comes to the "Battle of the Bulge," Americans have plenty of diets from which to choose.

Arguably, diet fads grabbing the most attention of late are high-fat, low-carbohydrate diets. These diets promote weight-loss strategies ranging from severe calorie restriction to eliminating an entire food group.

While these diets promise a trimmer waistline, the verdict about long-term health effects is still out.

There have been no long-term studies of the high-fat, low-carbohydrate diets to determine whether they are a safe way to lose weight. On the other hand, there is growing evidence that high-carbohydrate diets, including recommended allowances of grain foods, are a safe, healthful way to regulate weight.

A June 2002 U.S. Department of Agriculture study that compared low-carbohydrate vs. high-carbohydrate diets showed adults who ate high-carbohydrate diets were more likely to be in the normal weight range, with the lowest average body mass index.

Because high-fat, low-carbohydrate diets severely limit or eliminate certain foods rich in complex carbohydrates, dieters often lack several vital nutrients, such as B vitamins and antioxidants. These compounds, which are found in grain foods such as breads, rolls, crackers and bagels, have been shown to alter risk factors for chronic diseases such as certain cancers, heart disease and diabetes.

When it comes to weight control, it is not what is eaten, but how much. Studies like the USDA Healthy Eating Index show Americans already eat plenty of higher-calorie proteins and fats, but fall short of meeting the recommended dietary goals for the bottom half of the Food Guide Pyramid.

"While many of the current diets offer a magic-bullet solution to weight loss, the healthiest way is to eat smaller portions, cut calories, increase physical activity, and consume a low-fat, high-carbohydrate diet rich in grains, fruits, and vegetables," said Georgia Kostas, M.P.H., R.D., L.D., author and director of nutrition at the Dallas-based Cooper Clinic. "While this approach may lead to slower weight loss than some diet plans, it is

*See DIETING, C-6*



# 'Do you have nutrition IQ?'

**NAPS**  
Featurettes

Food myths abound, so consumers have to stay ahead of the game with up-to-date information on nutrition. Test your nutrition IQ by circling the right answers.

1. Although it's classified as a nutrient, vitamin D is actually \_\_\_\_.

a) a mineral, b) a protein, c) a hormone, e) all of the above.

2. True or False: Latte isn't as nutritious as traditional coffee drinks because steaming robs milk of calcium and B vitamins.

3. Compared to the real thing, carob, a chocolate substitute found in health-food stores, is \_\_\_\_.

a) lower in calories, b) lower in fat, c) nutritionally superior, d) none of the above.

4. Garlic has been proven to \_\_\_\_.

a) lower cholesterol, b) lower blood pressure, c) prevent certain cancers, including stomach and colon cancer, d) none of the above.

5. True or False: To be labeled "fat-free," a product must contain absolutely no fat.

**Answers:**

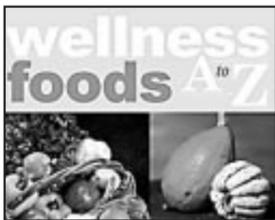
1. C — Vitamin D is actually a hormone and like other hormones is manufactured by the body. Found naturally in very few foods, it's produced by skin cells in response to sunlight.

2. B — False, as milk heated up to 10 minutes still contains 80 to 100 percent of its nutrients.

3. D — One tablespoon of carob chips contains more calories and saturated fat than the same amount of chocolate, with no nutritional advantage.

4. D — Hundreds of studies have failed to find any health benefits for garlic, despite claims of its benefits.

5. B — False, as fat-free products can contain up to half a gram of fat per serving.



*(Editor's Note: Obtained from Wellness Foods A to Z [Rebus, 2002]. Written by UC Berkeley nutrition expert Sheldon Margen, M.D., and other editors of the UC Berkeley Wellness Letter.)*

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## DIETING, From C-5

healthier and more likely to last."

Studies show this works.

Researchers at the University of Colorado studied 3,000 individuals, most of whom achieved long-term weight loss success by eating a low-fat, high-carbohydrate diet and daily exercise.

"At any given time, 45 percent of women and 25 percent of men are trying to lose weight, but only one out of five are using sound, healthy weight-loss principles that will work for life, and are recommended by the U.S. Dietary Guidelines for Americans and the Food Guide Pyramid," added Kostas. "Consumers need to know the facts so they can make healthy lifestyle choices."