

# LIFESTYLES

Hawaii Marine B Section

October 11, 2001



Eden Zamarin scales the wall, one of the first hurdles in the obstacle course, with motivation during the first ever Hawaiian Hurricane's Fitness Challenge.

## ALL GUTS ALL GLORY

Story and Photos by  
Staff Sgt. Jesus A. Lora  
Community Relations Chief

WAIKIKI — After 13 weeks of training their bodies to perfection, eating Okinawa potatoes, fish, brown rice and maybe a pizza a week, Megan Clark and Eden Zamarin, two employees at the MCB Hawaii, Kaneohe Bay, Semper Fit Center, teamed up and entered the first ever Hawaiian Hurricane's Fitness Challenge Sept. 29 at Kapiolani Park.

The two-part competition consisted of an eight-event ob-

stacle course and a physique contest in front of five judges.

"I feel good about this event, I trained hard and set goals for myself, it makes me happy from within, it's sort of spiritual," said Zamarin.

"The kind of life I lead is perfect for this event," said Clark. "I train all the time and eat right. Plus, when I see something I want, I go after it, and it definitely helps out a great deal."

The Mauna Lua Band signaled the start of each race with their drums. It was a race against the clock, and the obstacles that waited gave no sign of an easy run.

Zamarin scampered through the 16 zigzag tires, made her way to the over and under hurdles, zipped across the 14-foot long parallel bar, and finally faced the wall.

"The wall is the hardest part of the course, some of the women are afraid of it and had trouble during the practice session," said Zamarin. "I mastered it with strength and plenty of mental toughness."

Zamarin made this course seem easy. Her body, an efficient machine, she attacked every obstacle with determination.

The drums echoed through the park and matched the pounding of Zamarin's heart as she crossed the finish line with a time of 1 minute, 9 seconds. Waiting to hear her score, she walked off the adrenaline rush and contemplated the race.

"I felt good running the course, but my legs just had no energy after pushing that bobsled 15-feet," said Zamarin. "There was no way I was going to ease up until I crossed that finished line."

As Clark crossed the start line for her turn at the course the drums overpowered the screams of the crowd and forced her into her zone.

She stayed in that "zone"

with speed and endurance as she made her way through the monkey bars to the 50-pound gas can carry.

She blazed across the finish line with a score of 1 minute, 10.4 seconds.

"It's important to have an attitude about sportsmanship and competition," said Clark. "You do with what God has given you and you try your best. It's all part of the game."

Screams and whistles began to echo the stage walls as the 28 competitors in bathing suits made their way down for a group showing before the judging started.

Clark wore a two-piece suit and was called three times by the judges to appear in the line up.

As the judging went on, spectators were yelling out numbers of their favorite competitors. One little boy screamed, "Mommy just a little bit longer and you can eat all the spaghetti you want."

The physique challenge lasted for over an hour with some of the women showing signs of fatigue.

"Number one, number one, number one," screamed a spectator, telling the judges who should win the physique competition.

Zamarin stood proud and had the look of a winner in her eyes.

The crowd became impatient as the judges took 20 minutes to tally the points. They didn't hold back their opinions and continued shouting out the numbers of their favorite contestants.

The girls returned to the stage, weary and fatigued, yet excitement sparkled from their eyes and smiles gleamed across their face.

The judges thanked the competitors and everyone who came. Life-sized checks ap-



Hand over hand, Eden Zamarin attacks the monkey bars and sets the tone for the rest of the competition.

peared from the side of the stage and the winners began to be announced.

A smile brightened Clark's face, as the judges called her name for ninth place. She gracefully walked down the stage and accepted her gift from the event promoter, Chris Faildo.

"I don't know what to say,"

said Clark, "I'm elated."

The crowd went wild as the first place competitor was announced.

In disbelief, the crowd started screaming.

They cheered "Number one, number one," Zamarin's number, to express who they thought the winner should have been.



Megan Clark stands proud as the judges tally up points at the first ever Hawaiian Hurricane's Fitness Challenge Sept. 29 at Kapiolani.

# MCCS

MARINE CORPS COMMUNITY SERVICES  
www.mccshawaii.com

## POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

### Rocker Room Rings in Oktoberfest

All Staff NCOs and their guests are invited to the Rocker Room's

Oktoberfest, happening tomorrow night at the Staff NCO Club, Bldg. 3088 from 4 p.m. – 1 a.m.

Oktoberfest patrons will receive a Sam Adams cup, two specialty beverages and a German Feast.

Admission price for members, \$7, non-member fee, \$9. Call 254-5592 for more information.

### Open House Teen-Scene

Teens, pre-teens and parents are invited to attend Youth Activities' Teen Center Open House, tomorrow night in Bldg. 477 from 7 – 9 p.m.

Once your teens are Youth Activity members, they will have access to monthly club events like dances, pizza parties, mountain bike trips, beach parties, snorkeling adventures and more. During the Teen Center Open House, you'll meet YA Director, David Kawada and mingle with other parents and teens.

The Youth Activities Teen Program is committed to providing quality teen events and programs. For more information, call 254-7611.

### Scary Scene

The Base Library is hosting Scary Tales & Treats, Oct. 27 at the Base Library, Bldg. 219 at 1 p.m. Bring the keiki for spook-tacular games and stories, and don your boo-tiful Halloween costumes. For further frightening details, call Lori Zuttermeister at 254-7624.

### Freaky Fairways Costume Buffet

All Staff NCOs and



Debbie Baker

Now more than ever, the Base Library makes it easy for you to check out books and return them with the installation of the new 24-hour outdoor book drop. Located curbside of the Base Library, Bldg. 219, near the motorcycle parking, patrons may utilize the book drop for convenient return transactions.

their ghoulish gang, are invited to attend the Fairways Halloween Costume Buffet, Oct. 27 from 6 – 8:30 p.m. Tickets for club members are \$12.50, \$14.50 for non-members, and they are on sale now at Fairways, Bldg. 3088. A costume contest and dancing with DJ Brian begins at 8 p.m. Costume contest winners will be judged by audience applause. For additional daunting details, call Lynn Colville at 254-5592.

### Youth Basketball Registration

Time to travel and register for the Windward Community Federal Credit Union and Youth

Activities' Youth Basketball. Registration is going on now through Oct. 31 at the Youth Activities Center, Bldg. 5082. Children ages 5 – 18 years are eligible to participate.

The Hawaii Youth Sports League season ignites Jan. 5 – Feb. 23, 2002. Practice begins Dec. 10. Registration fee for YA Members is \$30, and \$40 for non-members. Volunteer coaches are needed.

For more information, call Youth Sports Coordinator, Clark Abbey at 254-7611.

### Book Benefits

Additional Base Library resources and events include an Automated Book Catalog, CD-ROM, Book

Swap (bring a paperback, take a paperback), Major Collections, StoryTime and more. For more Base Library details, call 254-7624.

### Personal Services

October — Domestic Violence Month has begun. If you would like information regarding prevention and awareness, please contact the MCCS Family Advocacy office at 257-7780.

Friday — You and your guests are invited to take a bus tour and see Oahu for free. Tour begins and ends at Personal Services Bldg. 216. From 7:30 a.m. – 4 p.m., you and your guests will view Hawaiian scenery and discover the rich culture and history of the Hawaiian tour guide. Reservations are required. Call 257-7790.

Monday — Learn the ways to prune and care for your money tree with this free Budgeting for Success workshop from 10:30 – 11:30 a.m. All authorized military ID cardholders are welcome to attend. Call 257-7783 for classroom number and reservations.

Oct. 16-18 — Marines, Sailors and spouses are encouraged to attend the next Key Volunteer session, from 5 – 9 p.m. at the KV Center, Bldg. 3022. Call 257-2410 to register.

Wednesday — Your keiki will want to get in on the creatively creepy crafts from 11 a.m. – noon. For only \$2, your little one will construct a Halloween mask and glow-in-the-dark ghost. All reservations are due no later than Tuesday. Call 254-4719.

Wednesday-Thursday — Before you say, "I do," or

if you are newly married, you and your spouse are invited to attend the Marriage Skills workshop that focuses on life in the military, relationships, communication, conflict resolution, problem solving and more. Make reservations for in Bldg. 216 Room 57 from 8 a.m. – 4 p.m. Call 257-7780.

Oct. 22-25 — All past L.I.N.K.S. participants and volunteers are invited to become L.I.N.K.S. mentors. Mentor training is scheduled for Oct. 22 – 25 from 5:30 – 9 p.m. at the L.I.N.K.S. House, Bldg. 3074. The next regular L.I.N.K.S. session is set for Oct. 23 – 25 from 9 a.m. – 12:30 p.m. For more information or to make reservations call 257-2368.

Oct. 29-31 — All senior Marines and Sailors about to retire from the military must attend the next Executive Transition Assistance Program workshop at the Bachelors Officer's Quarter Conference Room. Spouses are welcome to attend. For more information, contact the Career Resource Management Center at 257-7790.

Nov. 2 — Take a trip to the Hawaii Theater with the ASYMCA for a live performance of "Bear in the Big Blue House," Nov. 2. The ASYMCA has 100 tickets available on a first come-first served basis. Tickets for adults and children two years and older are \$11. Children two years and under are free.

Reservations and tickets must be made no later than Oct. 19 at the ASYMCA, Bldg. 455. Bus transportation is offered for the first 55 people for \$2. For more "Bear in the Big Blue House," call 254-4719.

## SM&SP



(All events are open to single, active duty military.)

### Mahalo

Many thanks are extended to the Windward Community Credit Union for making the SM&SP activities, trips and sporting events possible.

### Upcoming Events

Oct. 27: Navatek Sunset Dinner Cruise, \$15 per person (\$49 regular price), International Buffet Dinner, Island Style Dancing & Entertainment.

Nov. 17: 3 on 3 Basketball/Food Drive Tournament.

Nov. 21: Holiday Bash.

Dec. 4: Lava Java Coffeehouse, inside Enlisted Club, is hosting "Take a Break to Educate," from 6:30 to 8:30 p.m. Free coffee and on-base college information will be available, along with educational professionals to provide resources and benefits to earning a higher education.

Dec. 14: Shank & Slice Golf Tournament.

Dec. 30 - Jan. 1: Outer Island Trip.

### Oceanside Paintball

Let your "inner-predator" come out to play, Saturdays 9 a.m. – 4 p.m. Sundays noon – 5 p.m. Call 284-1439 for equipment rental fees.

### Mission

The SM&SP is all about Quality of Life, Recreation, Health & Wellness, Community Involvement, Life Skills and Career Progression.

For more SM&SP information on the mentioned activities, call the SM&SP Manager, Dawn Williams at 254-7593.

## Added relaxation through Navy MWR

**JoAnne Yow-Fairchild**  
MWR Public Relations

### Outdoor Recreation News

MWR Outdoor Recreation joins Hawaiian Trail & Mountain Club to offer weekend hikes around the Island.

Each weekend, the Hawaiian Trail & Mountain Club participants meet at Iolani Palace (mountainside) at 8 a.m.

Following a 10-15 minute briefing, hikers can ride in an MWR Outdoor Recreation van or depart in their own vehicles to a pre-selected hiking destination.

For \$5, the MWR van will take military-affiliated participants from Pearl Harbor Bloch Arena to Iolani Palace to the hiking spot and back to Bloch Arena, cost of hike included. For more information, call 473-0899.

### Sam Snead's Tavern Opens

Sam Snead's Tavern, located at the Navy-Marine Golf Course, is now open.

The tavern boasts Hawaii's only oak-fired

grill and features a delicious cross-section of southern cuisine with a dash of Hawaiian flair.

A selection of salads and sandwiches start from \$6, and grilled specialties range between \$12 to \$24, and include a serving of salad and a choice of baked potato, rice or pasta.

Steak fans will love the choice cuts of certified Angus beef, oak grilled to your satisfaction.

Sam Snead's Tavern serves lunch and dinner daily from 11 a.m.-10 p.m.

Reservations are recommended for large groups. For more information, call 421-SAMS (7267).

### Warehouse Sale

Come early for the best bargains at the next MWR Huge Warehouse on Oct. 20, 8 a.m.-1 p.m. at former NAS Barbers Point (Kalaeloa) Warehouse #1141 on Coral Sea Road.

Tons of used office furnishings and equipment, home and lawn furnishing and much

more are up for grabs.

All items are sold "as is" and must be removed at the time of purchase. No refunds will be issued.

A valid DoD identification card must be presented to cashier. For information, call 473-0606.

### MWR Surf Meet

An MWR Surf Meet, a surfing and body boarding competition, will be held on Nov. 3 & 4 at White Plains Beach (Barbers Point/Kalaeloa).

This event is open to all branches of active duty personnel, reservists, retirees and their family members, DoD civilians and the Navy League.

Entry fee is \$20, and includes an official T-shirt & a participation package.

Application forms are available at all Naval MWR flyer boards and swimming pools.

The registration deadline is Oct. 19. For more information on the surf meet, call 473-2437.

## 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 info.

Rat Race (PG-13)  
American Outlaws (PG-13)  
Summer Catch (PG-13)  
Rush Hour 2 (PG-13)  
Spy Kids (PG)  
Captain Corelli's Mandolin (R)  
Rat Race (PG-13)

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

# Hawaii MARINE SPORTS

B-3, Hawaii Marine Sports Page

October 11, 2001

## Marines assist, compete in Ironman

Story and Photos by  
**Lance Cpl. Jason E. Miller**  
*Combat Correspondent*

As more than 1,500 participants embarked on the opening stages of the Ironman Triathlon World Championship Saturday, on the Big Island, their supporters gathered by the roadside standing at the ready to assist in any way that they could.

Bodies were in short supply, but as luck would have it, close to 50 Marines who were deployed from MCB Hawaii, Kaneohe Bay, to the Pohakuloa Training Area made their way down the mountain to help out.

They arrived at a checkpoint only eight miles from the end of the 112-mile bicycling section of the triathlon. The checkpoint was the contestants last chance to get water or food before beginning the marathon.

As they arrived, they were greeted with warm smiles, free T-shirts and sunvisors to show that they were there to work.

"The Marines have landed," one of the volunteers shouted.



**Marines waited at the side of the road to pass out Gatorade and water to passing cyclists. The Marines assisting at the Ironman were on the Big Island for training, but took the time to help the triathletes.**

Getting directly to work, the Marines moved everything to the side of the road that the triathletes would be on. Everything was set up and organized before the first racers arrived.

As the leader emerged on the horizon, the air filled with cheers. Bottles of water and Gatorade were held up by the roadside and offered to every passing cyclist.

"We've had Marines helping out at the Ironman for the past four years," said Staff Sgt. Cristopher Cabingas, staff noncommissioned officer-in-charge of the Ironman detail. "We do it to try and help support the local community."

As the day wore on, cyclists kept coming, the sun kept rising and the sustenance continued to be provided by volunteer civilians and

Marines alike never faltered in their job. There was no shortage of thanks from the contestants.

"A lot of the people smiled and said thanks," said Cpl. Jose Romero, a bulk fuel specialist for the 1st Marine Aircraft Wing, Aviation Support Element, Kaneohe.

"I've never seen so many people from all over the world competing together. It was really an amazing experience," added Romero.

The entire day seemed to be a great experience for the volunteers and the competitors. It went so well in fact that the Marines were invited to attend the event again next year.

"The Marines enjoyed themselves out there," said Cabingas. "They got out there, they put out and they did an outstanding job."



**As competitors blazed by, leather-necks ensured the racers stayed hydrated by passing out water and Gatorade during the Ironman competition.**



**The Marines were treated to a free lunch for helping out at the Ironman.**

**Sgt. Richard W. Holtgraver Jr.**  
*Combat Correspondent*

The Marine Corps triathlon team, including a Marine from MCB Hawaii, Kaneohe Bay, finished first in the military team category of the Ironman Triathlon World Championship competition Saturday, on the Big Island.

This year marked the first time the military service championships were held during the event, and the Marine team shined by finishing with the lowest combined time of 32 hours, 32 minutes, 19 seconds.

"This year was the slowest race I've ever seen; everyone's times were down at least by 20 minutes," said Maj. Kevin P. McCoyd, S-4 Officer for 1st Radio Battalion. "It was a tough race because the weather conditions were harsh."

Weather conditions played a heavy role in the performance of all the participants in the world's most grueling triathlon.

A tough current, strong winds and hot, humid conditions forced even the strongest competitors to take a little more time to finish the race this year, according to McCoyd.

As McCoyd made his way to the finish line, he was handed the colors and joined by his 8-year-old daughter, Caitlin, for the last hundred yards.

"This year's race was most gratifying to me out of all of them, because my daughter came out to finish it with me," said McCoyd, "and because of the American patriotism and the response from the crowd for carrying the flag across the finish line."

The official military times were:	
Marine Corps	32:32:19
Navy/Coast Guard	33:32:53
Army	33:39:58
Air Force	35:44:20



Photo courtesy of Maj. Kevin P. McCoyd

**After the two-mile swim, McCoyd emerges from the water and heads off toward his bike for the 112-mile ride.**

# New, high tech hangout for adults

Story and Photos by  
Cpl. Roman Yurek  
Lifestyles Editor

A new, Las Vegas style, \$10 million, entertainment center boasting more than 45,000 square feet of dining, games and prizes opened Oct. 2 in Honolulu.

This facility, with its early 1900's theme, is the most recent edition to the Dave and Buster's franchise and is located near Ward Center.



Skee Ball is one of many games that patrons play to rack up tickets for prizes ranging from stuffed animals to rice cookers at the newest Dave and Buster's location in Honolulu.

The first location opened in Dallas, Texas, when Dave Corriveau, owner of Slick Willy's World of Entertainment, and Buster Croley, owner of Buster's Restaurant, decided to marry up an adult arcade and restaurant into one establishment in 1982.

Since then, there have been 32 other locations opened around the globe.

Hawaii has now been given the chance to enjoy the Dave and Buster's experience of "Big Fun."

"We dig deep roots and plan on being here for a very long time," said Corriveau.

The main floor resembles a high-class restaurant, but it does have a few games waiting there. Three \$15,000 billiard tables are among the main floor games. To show the true hospitality of Dave and Buster's, customers never have to rack for a game — table hosts do that for them.

Upstairs is the famous "Million Dollar Midway." This is where customers can play a variety of games from early carnival attractions to virtual reality.

No tokens or quarters are needed to play the games. Instead, customers purchase a reusable and rechargeable Power Card. This card slides through a slot on the game like a credit card.

Different games take different amounts of credit, but sites are set up in the Midway so customers can recharge their card with a machine similar to an ATM.

The final floor is on the roof. This lanai overlooks Ala Moana Beach Park and

features live bands while the sun sets over the horizon. Though the atmosphere of this establishment is fun, there are some rules that customers need to follow. Customers under 21 must be accompanied by an adult at least 26 years old.

After 10 p.m., unless someone under 21 is eating, all underage customers must leave. This doesn't mean that Dave and Buster's is closed; it just allows the adults to go back to their childhood without letting the youngsters see.

"We encourage everyone to experience Dave and Buster's," said Croley.

This includes Oahu's large military population, which makes up a significant portion of the customers at other Dave and Buster's locations.

"We enjoy the military and are pleased to give them a place to relax and have fun," said Gregory Low, an assistant general manager for the Honolulu branch of Dave and Buster's.

Once their bellies are full and their entertainment level topped off, customers leave the establishment with a smile and the idea of revisiting Dave and Buster's again.



After collecting tickets from some of the games, customers make their way to the Winner's Circle and trade in their tickets for prizes.