

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

SEPTEMBER 24, 2004

Running teams tread on Klipper

Big Wave Cross Country Invitational held here Sept. 16

Cpl. Megan L. Stiner
Combat Correspondent

The Klipper Golf Course here was bustling with activity other than golf early Saturday morning during the Big Wave Cross Country Invitational.

Runners from more than seven Oahu colleges, as well as individual runners, were welcomed on base for the annual meet.

One K-Bay Marine could be seen sporting a red Marines jersey during the men's race. Rob M. Adams, supply officer with Headquarters Battery, 1st Battalion, 12th Marine Regiment, and head coach of the K-Bay cross country team, finished the race in 17 minutes and 37 seconds, placing 45 out of 73 runners.

"It was a good course," said the Sturigis, Mich. native. "The wind and hills made it tough, but there were a lot of runners and it turned out to be a good experience."

Adams has been competitively racing in cross country and track since high school. He joined the Marine Corps in 1990, and quickly joined the All Marine Corps marathon and track teams. When the All Marine Corps Cross Country Team was formed, he wasted no time getting himself involved.

Adam's running accomplishments include being the Michigan State two-mile champion, running the Marine Corps Marathon six times, winning the 10-thousand meter run in the 1998 Armed Forces Track and Field tournament and placing 10th overall out of 20,000 runners in the 2002 MCM.

Adam's believes his time on the golf course was nearly one-and-a-half minutes slower than he would normally run.

"The hills and the wind slowed me down," he explained. "I also hadn't run on grass in years, so that also affected my time."

Some of the areas college runners

See **RUNNING**, C-8



Cpl. Megan L. Stiner

Kaneohe Bay's Antwan Plunkett speeds down the field while remaining in control of the ball during a game against a combined Hickam and Pearl Harbor team Saturday. Although the scrimmage was just in preparation for the competition in Japan, they gave no mercy, ending the game in their favor with a 5-0 score.

Varsity Team goes to Japan

Cpl. Megan L. Stiner
Combat Correspondent

The MCB Hawaii, Kaneohe Bay Varsity Soccer Team headed to Okinawa, Japan early this week to prepare for the Marine Forces Pacific Championship taking place Sept. 27 - Oct. 2.

The K-Bay team has dominated the championships over the past two years and the coach and players this year intend to continue the supreme legacy with a three-peat victory.

"We have high expectations this year," said Andy P. Gasper, team coach. "We have a lot of great individual talent, we just need to put all of that together into more of a group effort."

The team is leaving a week early this year to prepare for the games.

Gasper explained this year's season has been different than other years because of the increase in deployments and the shifts his team members work.

"We have had problems with scheduling practices and having everyone there," he said, "So, this year we decided to go to Japan early to make sure there won't be any distractions or conflicts that would prevent them from coming together



Cpl. Megan L. Stiner

Kaneohe Bay's Odair Correla uses a high kick to help keep the soccer ball on the opponent's goal side which assisted in the outcome of the game.

as a team during that final crucial week before the championship."

This is Gasper's first year as head coach. He was assistant coach for Gerardo Panetta the past two years when the team won the championship, and he plans on continuing the streak.

"We are the hunted team," he explained, "We've got a lot of strength. This is a great group of guys, we just got to work out the kinks and we shouldn't have any trouble bringing the championship home."

The Marines will compete in a "round robin" style tournament, playing a total of nearly 12 games in a one-week period.

To prepare, the team has played against local teams and other base teams around Oahu. They also practice three times per week for two grueling hours at a time on top of their regular Marine Corps physical training.

According to Gasper, this is the time of the season soccer gets serious for the team members. Although some members are involved in other sports and activities, they take time away from those things, as well as family and friends, to travel across the ocean alongside other teammates and coaches with the hopes of yet another victory.

"Being a part of this team demands a lot from the players," said Gasper. "But these are truly some of the most dedicated members a coach could hope to find. We will do well in Okinawa, we know we can, now we just have to prove it."

Bandits crush Raiders

MAG-24 defeats Camp Smith Wednesday, 39 - 6

Cpl. Megan L. Stiner
Combat Correspondent

The Marine Aircraft Group 24 Bandits took on the Camp Smith Raiders once again this season in intramural football here Wednesday night.

Although their most recent games final score doesn't show

much improvement for the Raiders, on the field the defensive intensity demonstrated they aren't giving up on this season quite yet.

Defensive end Tyrone Payne helped the Bandits eradicate the Raiders offense during their game in a battle that ended with the Bandits celebrating with a 39-6 win over the Raiders.

The first few minutes of the game were nerve-racking for the Bandit's offense, which fumbled the ball, allowing the Raiders to gain a bit of confidence early on.

Although, the cheers and jeers

didn't last long before linebacker Michael Scott intercepted the ball, which, a couple plays later, ended with wide receiver Christian Gonzalez scoring early in the first quarter. The extra kick was blocked by the Raiders defense, which became a running trend throughout the rest of the game.

The Raiders offense came on the field for just enough time to order refreshments, but if you bought a hotdog at the concession stand, you may have missed them altogether. Their punt was the most exciting play on the field. Unfortunately for the Raiders the cheers came from the Bandit's stands when Gonzalez returned the ball for a 40-yard touchdown. This time the Bandit's went for the two point conversion, and snuck it in, making the score 14-0.

The Raiders changed up their offense a bit by attempting a couple quarterback sneaks up the middle, alas, time is of the essence and the clock ran out.

The second quarter, provided the Raiders defense with a chance to show off some talent. The Bandit's offense came up against a wall for two consecutive plays. Not to mention with fumbles on the play both times. The second loose ball was recovered by the Raiders defense. The momentum of the game had changed in favor of the Raiders. Well, at least for their defense.

The Bandit's defensive team of

See **FOOTBALL**, C-8

Fighting to the top



Cpl. Megan L. Stiner

Steven Byrnes, Marine Corps Martial Arts instructor trainer at Regimental Schools here, quickly lunges into a dominant position by moving into the side mount on his opponent during the Hawaiian State Grappling Championships Saturday.

Martial arts instructor stands tall at state grappling tourney

Cpl. Megan L. Stiner
Combat Correspondent

Most Hawaiian Saturday's are spent relaxing, doing chores, or going to the beach. But that was not the case for one Kaneohe based Marine. His day consisted of weighing-in, fighting six people, consuming seven bottles of water and in the end receiving two medals.

Steven J. Byrnes, a martial art instructor trainer at the Regimental Schools,

was a competitive wrestler throughout high school, then after joining the Marine Corps became a black belt instructor in the Marine Corps Martial Arts Program (MCMAP).

Growing up in Brunswick, Ohio, as early as age 14, Byrnes' friends told him he had talent in wrestling and he should try-out for his school's wrestling team.

He made the team, as well as a name for himself in the sport. The first two years he competed, 8th and 9th grade, he won both his conference championships.

Throughout high school, Byrnes fought on the varsity level, receiving a

See **GRAPPLING**, C-8



Cpl. Megan L. Stiner

One of Camp Smith Raider's players carries the ball a few yards up the field before members of the Marine Aircraft Group 24 Bandits take him down in a dual tackle. The Bandits dominated the field with a final score of 39-6.

BASE SPORTS

September

25 / Saturday

Pyramid Beach Surf Showdown — Show your worth in the surf at the Pyramid Beach Surf Showdown. The meet hits the beach Saturday from 7 a.m. to 5 p.m., and is open to military of all services, family members and DoD cardholders.

The competitions include youth surfing and bodyboarding for family members ages 14 years and under as well as contestants ages 15 – 19 years. Amateur surfers can battle it out in the Men's Division (18 – 30 years), Men's Masters (31 and up), the Women's Open (all ages), the Men's Long board Division (all ages) and the Women's Longboard Division (all ages).

The entry fee is \$15 for adults, \$10 for youth, however day-of-event entries will be charged an additional \$10 fee. Each additional division surfers decide to join will cost an additional \$5. Awards will be presented to the first place winners in each division.

Entry forms can be found and dropped off at MCBH Aquatics building 274 as well as at the beaches. Surfers may also register at the meet.

Come down to participate or spend the day in the sun and check out the action. For more information, contact MCCS Aquatics at 254-7655.

28/ Tuesday

Intramural Softball Coaches Organizational Meeting — Coaches interested in participating in the Intramural Winter Softball League should head to the Semper Fit Center on Monday at 2 p.m. Call Joe Au at 254-7591 for more information.

Ongoing

Youth Basketball Registration — Get your children away from the tube and onto the court this sea-

son with the Youth Basketball League.

Registration goes from Oct. 1 - 29, and will be taken from 9 a.m. - 5:30 p.m. Monday through Friday at the base youth center, bldg. 5082. Practice for the winter season begins in the first week of December. The official season runs through January until the end of February. For more information, contact the Youth Sports Office at 254-7611.

Gone Fishin' — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the base marina, the charter contractor has two different boats to accommodate all of your fishing needs. Check out its newest boat, "The Bill Collector," built for charter fishing at its finest.

Call 254-7667 for more information.

NASCAR Sundays — Race to Kahuna's Sports Bar & Grill to catch NASCAR. The club opens with breakfast at 7 a.m. and serves selections from the grill menu until closing time at 8 p.m.

Receive \$1 off chicken wings if you wear your favorite race driver's gear.

Commanders Cup Bowling League — The league just finished its first season. To learn more, give your input or just sign up, call 254-7693.

Color Pin Special — Every Wednesday, roll a strike when a colored pin is in the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. If you make the play, you win.

Inexpensive, Fun Entertainment — Look no further for economical entertainment, as Mondays through Thursdays, all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game. This discount is good for open play, and does not qualify for tournaments, leagues or unit functions.

Call the K-Bay Lanes now to get the spin at 254-7693.

Parents for Fitness — This cooperative babysitting effort is available at the Semper Fit Center, for children ages 6 weeks and older. All active duty service members and their families may participate; however, PFFP participants are required to volunteer babysit three times per month.

Call 235-6585 for more information.

Paintball Hawaii — Near the Lemon Lot, by the intersection of Harris Road and Mokapu Road lies Paintball Hawaii. Shoot over for the great deals and have a blast.

Cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee. Players can purchase paint at the field from \$45 – \$50 for a case of 2,000 balls. The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283 for Friday appointments.

Junior Lifeguards — The base pool is currently offering Junior Lifeguard instruction for the youth at MCB Hawaii. Let your kids enhance their skills and abilities in the water, plus gain confidence and experience that can lead to a job.

Contact the base pool at 254-7655.

Take the Plunge — Wet your feet and beat the heat at any one of four MCCS pools that serve your swimming demands. Splash to the K-Bay main pool at building 981, the Hilltop Pool at building 502 (for O' Club members only), the Camp Smith pool at building 125, or the Manana Housing pool in building 840.

Massage Therapy — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp Smith. The massage therapy program will help relieve your mental and physical fatigue and

improve your overall circulation and body tone.

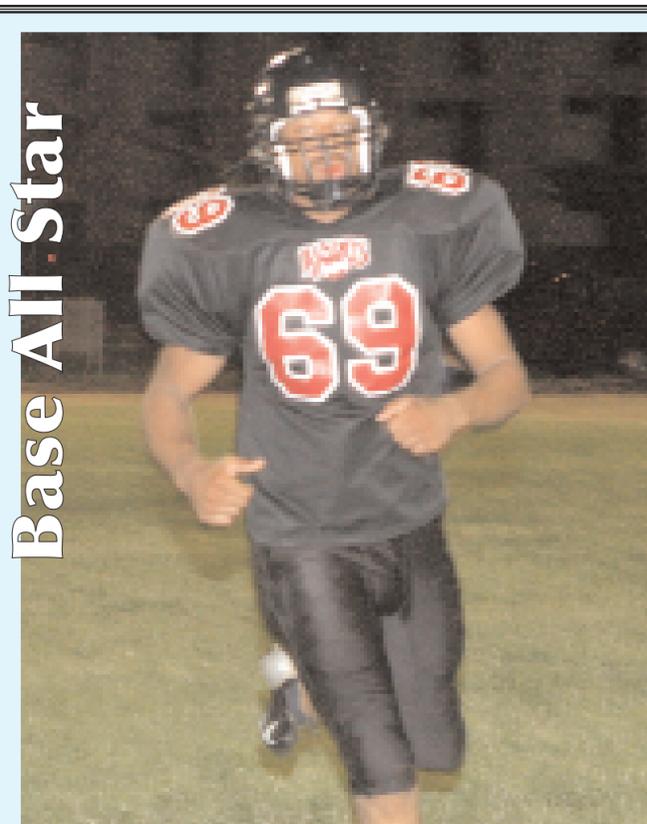
Appointments are available by calling the K-Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join

MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in building 1391, located behind the 7-Day Store.

Adults and children are welcome, and costs are only \$35 for adults and \$25 for children. Call 254-7610 for detailed information.

Base All-Star



Tyrone Payne

Unit: Repairable Management Division, Marine Aviation Logistics Squadron 24

Billet: NCOIC of preservation, packaging and packing

Hometown: Smithers, W.Va.

- Payne has played football for two years as a defensive end in the Marine Corps as well as one year in high school as a linebacker.
- He enjoys football because of the physical contact as well as his team mates. He said being around the team camaraderie inspires his momentum during the football games.
- Payne also plays intramural basketball for the MAG-24 team.



COMMUNITY SPORTS

Range Challenges to 'Take Your Best Shot' at Hunger

Hunters, anglers and any outdoors enthusiast who cares about human and natural resources are encouraged to come out and celebrate the 33rd National Hunting & Fishing Day at Koko Head Shooting Range, (the first left past Hanauma Bay on Kalaniana'ole Highway, headed toward Waimanalo), tomorrow and Sunday from 10 a.m. to 4 p.m.

Bring a canned food or cash donations for the Hawaii Food Bank, and for each canned good or \$1 donation, you will receive a free activity coupon to participate in skeet, .22 rifle or handgun, muzzleloader, archery, air gun or a fish casting contest.

Lots of fun, demonstrations, food and prizes are planned, so come celebrate and feed the hungry in the process.

For more details, call Hawaii's Hunter Education Program at 587-0200.

Meditation Center Offers Free Yoga Class

Unwind with yoga, a great, natural way to relieve stress. Learn simple tools to better care for yourself in a free morning class tomorrow from 8:30 to 9:30 a.m. at the Kailua Shambala Meditation Center in the Aikahi Shopping Center (just beyond the back gate of MCB Hawaii, Kaneohe Bay, on Mokapu Road).

Register in advance by calling 232-8327 and bring a yoga mat or beach towel, and water. For more information, contact Charlotte Nuessle at 230-8902, or visit the meditation center's Web site at www.hawaiiyogaandwellness.com.

Experience Ancient Hawaiian Culture

Check out the ancient tradition of Hawaiian canoe paddling Sunday at the Na Wahine O Ke Kai (Women of the Sea) race from the island of Molokai to Waikiki, Oahu.

This women's, six-man, outrigger canoe race, will take paddlers on the 26th crossing of the 42-mile Molokai Channel.

Be at the finish line at Hilton Hawaiian Village Pier by 12:30 p.m. when finishers should begin to cross.

The Dave and Buster's parking lot at Victoria Ward Center will be the site of the "Awards and Block Party Celebration" starting at 4:30 p.m. with entertainment, live footage of the race, dancing, giveaways and food and retail booths. Admission to the celebration is \$5.

HTMC to Hike Aiea Ridge, Sunday

Hikers should meet at Iolani Palace at 8 a.m. for this 12-mile advanced, ridge hike.

This is not meek, mild, little novice loop trail. This is a long mean arduous ridge trek,

which climbs laboriously all the way to the summit. It seems to go on forever, grinding you down, chewing you up, and sometimes spitting you out, right over the edge.

Call coordinator Mike Algiers at 422-1048 for detailed information.

Sunday Polo at Waimanalo

Gates open at 1 p.m. with games kicking off at 2:30 p.m. for the weekend match at the polo fields across from Bellow Air Force Station.

Cost is \$3, keiki 12 and under are free. The ponies will be available for children to visit after the matches.

For more information about the Honolulu Polo Club, visit www.honolulu polo.com.

"Buddy Walk" to Benefit People with Down Syndrome

Best Buddy awards will be given for groups in corporate, civic and youth team categories for this Oct. 2 walk to promote awareness and inclusion for people with Down Syndrome.

The walk will start at 10 a.m. at Kapiolani Bandstand. The one-mile route will take participants through the park to Kalakaua Avenue and back. Volunteers are still needed to make this event a success.

Visit www.hawaiidownsyndrome.com or call 672-6444 for more information.

State Offers Outdoor Education

The Hawaii Department of Land & Natural Resources is offering education classes for the public.

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 enjoys the outdoors — not just hunters.

The next two-day session is Oct. 8 from 5:45 to 10 p.m. and Oct. 9 from 7:45 a.m. to 4 p.m. in classroom #A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to the classroom, which is the first room on the right.)

A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200 or visit www.hawaii.gov/dlnr/Welcome.html.

Ko Olina to host Triathlon

This Oct. 10 triathlon features a unique swim, run, swim in and between the four pristine lagoons at Ko Olina, a bike route on the Ko Olina property and around Campbell Industrial Park, finishing with a run along the lagoons.

There is are elite and age group entry categories along with two keiki divisions for kids

7-10 and 11-14 years old. A masters division will be held for those 50 and older.

Detailed information about registration and the course is available at www.koolina triathlon.com or by calling 782-2161.

Honolulu Symphony to Host Run

The 23rd Annual Fun Run hosted by the Honolulu Symphony will start from Fort Ruger (Triangle) Park, Oct. 10 beginning at 8 a.m.

Runners or walkers can choose a 1.5- or 4-mile course winding through Kahala. More than 25 instrumental and vocal groups will perform along the course and in the park following the run/walk. Pets are welcome at this event.

Registration begins at 7 a.m. on run day and fees include a T-shirt designed by Norm Foster, symphony clarinetist. Entry fees are \$30 for adults and \$10 for children.

The event will provide funding for Honolulu Symphony programs such as the Hawaii Youth Concerto Competition, the Youth Music Education Program, the East Meets West concert series and Concert Conversations.

"Race For The Cure" at Kapiolani Park

The 5K race/walk and one mile fun walk will begin Sunday, Oct. 24 at 7 a.m. at Kapiolani Park in Honolulu. The race will start in front of the Waikiki Shell Amphitheater on Monsarrat Avenue and finish at the Honolulu Marathon finish line on Kalakaua Avenue.

Participants can complete an online registration at www.raceforthecure hawaii.org by Oct. 18. Or they can register at Aloha Tower Marketplace on the second level by the Mauka Lanai Room on Oct. 20 – 22 from 3 to 8 p.m., and Oct. 23 from 9 a.m. to 3 p.m.

Race-day registration goes from 5 to 6 a.m., and those interested in volunteering should arrive by 4:30 a.m.

The "Race for the Cure" raises significant funds and awareness for the fight against breast cancer, celebrating breast cancer survivorship and honoring those who have lost their battle with the disease.

With funds raised by the Komen Race for the Cure Series, the Komen Foundation with its affiliate network is able to fund breast cancer research grants, meritorious awards and educational, scientific and community outreach programs around the world.

For detailed information and entry fees, call the Komen Hawaii Race for the Cure hotline at (808)-754-1817, or visit their Web site at www.raceforthecurehawaii.org. Participants

can also e-mail the organization at KomenHawaii@hotmail.com.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs.

For more information, call Turtle Cove at 259-4121 anytime from 8 a.m. to 8 p.m. (Bring water and sunscreen for outdoor activities.)

• **Saturdays at 8 a.m., Morning Paddle:** Take the guided kayak tour to the Mokolua Islands, which offers the opportunity to see birds up close in their natural habitat. Advanced skill level is required.

• **Saturdays at 1 p.m., History Tours by van:** Learn about and see significant historical landmarks on Bellows Air Force Station.

• **Sundays at 8:30 a.m., History Tours by bike:** Ride into off-limits areas on mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Day rental of bikes and helmets is included. Wear closed-toe shoes.

• **Mondays at 8:30 a.m., Hike to Makapuu:** Take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse. Wear closed-toe shoes.

• **Tuesdays and Thursdays at 10 a.m., Lei Making:** Pick your own flowers to use in making beautiful lei and enjoy ancient Hawaiian folk tales and stories.

• **Wednesdays at 6:30 a.m., Bikram's Yoga:** Gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.

• **Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent underwater world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are

included.

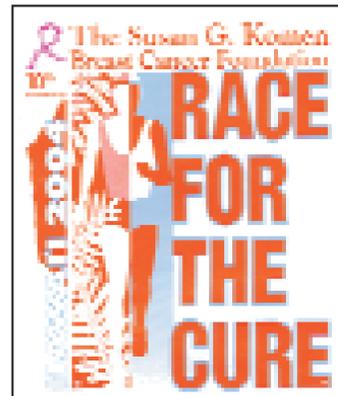
• **Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills including water safety and efficient paddling techniques in this two-hour class.

• **Thursdays at 9 a.m., Beach 101:** The whole family can attend this fun class.

• **Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included.

Hawaii Marine Accepts Sports and Recreation Briefs

Advertise sports and recreational activities of general interest to the DoD community in the *Hawaii Marine*. E-mail items to editor@hawaii-marine.com, or call the *Hawaii Marine* at 257-8836 or 257-8837.





THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the **Hawaii Marine's** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both. Our two resident sports junkies welcome your e-mails of no more than 250 words. We will print the top comment of the week from our readers.

Send "Readers Strike Back" comments to editor@hawaiimarine.com. Remember, "If you don't speak up, you won't be heard.")

Why do we keep losing the Ryder Cup?

Sgt. Joe Lindsay

The Goat

It is a mystery to the Goat why everybody is so surprised the United States just lost the Ryder Cup, and even more of a mystery why sports writers are taking the simplistic approach the Europeans just "want it more."

Anybody who saw the rally put on by the Americans and the dejected looks on their faces after it fell short (very, very short) know that Tiger Woods, Phil Mickelson and Co., and perhaps most of all, U.S. Captain Hal Sutton, wanted to win this competition just as much as any of those guys with funky accents.

But the fact remains it would have been an upset if America did win. After all, Europe has dominated Ryder Cup competition lately, winning four of the last five and seven of the last ten contests, including last week's 18 to 9 drubbing, the worst Ryder Cup loss ever for the United States.

Gone are the days when the U.S. could dominate events, in any sport, just by showing up. Anybody who doubts that need look no further than the 2004 Athens Olympics. The rest of the world is catching up, and we

better wake up.

First off, we need to stop giving little perks to the European team without taking some for ourselves. Does anybody remember that the Ryder Cup used to be the U.S. vs. Great Britain and Ireland? Then, after slaughtering them for 17 out of 18 years, Jack Nicklaus suggested in 1979 that all of Europe be allowed to join the Great Britain and Ireland. We won three out of four immediately after that move, but it has been downhill ever since.

If we are going to face a plethora of nations who are all teaming up to defeat us in the Ryder Cup, why can't we add some allies of our own?

Bottom Line: It was really nice of the U.S. to give Great Britain and Ireland the option to add any player from Europe to their squads in 1979 to help even up the playing field. But now, 25 years later, it is time for another change. Europe can keep their team, but the U.S. should be allowed to add players from Australia (Adam Scott), Canada (Mike Weir) and Fiji (Vijay Singh) as well, for the purposes of Ryder Cup competition.

And, to paraphrase the "P"rofessor, that would really make the Europeans "P."

Capt. K.D. Robbins

The Professor

In light of last weekend's embarrassment, the Bottom Line asks the following question: Why does the United States, despite a team composed of six of the world's top 15 players, continue to lose the Ryder Cup?

How could a team with the household names "Phil" and "Le Tigre" possibly lose to a team including Luke Donald and Paul Casey?

What reduced America's best linksters from aces to chokers?

The answer is simple: Three "P's."

Practice: The Ryder Cup represents the top prize in "team" golf. The Europeans respect this. Thus, they practice accordingly. Rather than engaging in private, match play exhibitions, they practice together and prepare for the unique format the Ryder Cup brings. Their demeanor throughout the 2004 Cup was representative of a team prepared for a win, vice one that feared a loss.

Pubs: Few doubt the European affection for smooth ale. This manifested itself in the celebration immediately following the final match on Sunday. These gentlemen had fun.

They partied all the way back across the pond, never looking back at the single most lopsided Ryder Cup ever (Europe 18, USA 9). They simply enjoyed the spirit of the competition and the camaraderie a team sport can bring.

Pride: Simply put, they care. All too often as Americans, we let our ego slide ahead of what is important. In this case, the U.S. side chose to ride their statistics, rather than their golf games to a team victory. The Europeans see the Ryder Cup as their Olympics, their World Cup, their Super Bowl, their World Series. Unfortunately, it looked like it was just a no pay day weekend for U.S. Captain Hal Sutton's group of hackers.

Bottom Line: The U.S. had the talent. The U.S. had the "home field advantage." The U.S. had Tiger, Phil, Furyk, Toms, Cink, Davis Love III. The list goes on. What Team U.S.A. didn't have were the three "P's." Maybe, if the Ryder Cup added a fourth "P," "Payday," our guys might show up to play? I guess we have to wait yet another two years to find out. Not so fast, the "P"-residents Cup, U.S. vs. Rest of the World is a mere year away.

READERS STRIKE BACK

"I never came so close to death as I did from suffocating from laughing so hard."

Dear Bottom Line,

I was recently honorably discharged from the Marine Corps, but I wanted to send a note to let the Professor and the Goat know I still religiously follow the Bottom Line.

I also wanted to say I was compelled to write after last week's article. I served in Iraq in combat, but I never came so close to death as I did from suffocating from

laughing so hard at what the Goat had to say about Oregon State's field goal kickers failed suicide attempt. It cracks me up just thinking about it.

I was very happy to notice lately that you now post the *Hawaii Marine* on Fridays. I used to hate having to wait until Monday, Tuesday or even Wednesday to read the Bottom Line.

I will always cherish my time in the United States Marine Corps and will to con-

tinue to follow what is going on in my beloved Corps by logging in to the two best Marine Corps Web sites available, the www.usmc.mil and www.mcbh.usmc.mil.

**Semper Fi,
Victor Mendoza**

(P. S. I am currently a Police Officer in Sacramento, Calif., thanks to the training I received in the Corps.)



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“ quotable ”

Nothing great was ever achieved without enthusiasm.

— Ralph Waldo Emerson

SPORTS AROUND THE CORPS

Volkslauf Mud Run kicks off Toys For Tots

Staff Sgt. Sergio Jimenez

Los Angeles Public Affairs Office, HQMC

LOS ANGELES — The Marine Corps League in collaboration with Marines and the city of Bakersfield will kick off The Kern County Toys for Tots season with the eighth running of the Volkslauf Mud Run "The Ultimate Challenge," here, Oct 16, 2004.

According to 1st Sgt. Robert W. Breeden, company first sergeant, Inspector & Instructor, Bulk Fuel Co A, 6th Engineer Support Battalion, Bakersfield, Calif., the purpose of the event is to not only challenge Marines and civilians alike in what he calls "one of the toughest mud runs in the world," but to raise money for a worthy cause this holiday season.

Breeden said all proceeds from the event will go toward Marine family programs and the Kern County Toys for Tots program.

Volkslauf organizers are expecting over 1000 runners and over 3000 spectators to attend what some have called a grueling test of individual physical and mental endurance. Participants will have to slog and slosh through five million gallons of water, mud and over 50 obstacles during the 10 kilometer course. Runners will have to cross hurdles and berms, low-crawl through tunnels, pits, rise over ladders, and advance over swings and rope climbs.

"There is no tougher mud run," said Breeden. "Those who race are guaranteed to walk away a little soar, a little bruised, but very satisfied in their accomplishment," he said.

But what the run takes from the community in cuts, bruises, sweat and tears, it also gives back.

According to Breeden, last year, the Marine Corps League raised over \$12,000 for Toys For Tots and other programs and over the course of



Staff Sgt. Sergio Jimenez

Marines and civilians quickly realize it will take teamwork to navigate the giant wall during the final stretch of the 10-kilometer Volkslauf Mud Run in Bakersfield, Calif., Oct. 26, 2002. The Marine Corps League in collaboration with the Marine Corps and the city of Bakersfield will kick off The Kern County Toys for Tots season with the eighth running of the Volkslauf Mud Run "The Ultimate Challenge," Oct 16.

eight years, the run has provided thousands of dollars for the community.

This run is not about raising money or a physical challenge, however, it is a way to bring the community together, said Breeden.

"It's true purpose is to strengthen the bond between the Military and the Community," said Breeden. "The run allows the community to get an up-close look at who we are and what we do for nation," said Breeden.

Participants and spectators will be able to speak to Marines and view static displays pro-

vided by various Southern California Marine Reserve Centers and active duty units from Camp Pendleton, Calif.

Some of the items scheduled to be available for display include but are not limited to: An Abrams Tank, light-armored vehicles, infantry weapon systems, mortars and an 155mm Howitzer. Aviation assets on display will include a CH-53E Super Stallion, CH-46E Sea Knight, UH-1N Huey and AH-1W Super Cobra helicopters. Engineer equipment will include, an Amphibious Assault Fuel System (pushing

lots of water for the course) as well as heavy equipment and vehicles.

R. Lee Ermey is scheduled to serve as the guest of honor to kick off the season and race.

The cost to race is between \$35 - 45 for individuals and between \$140 - \$180 per team, depending on when and how individuals or teams register.

For more information or to register, visit www.volkslauf.com or contact Sheena Crider at scrider@volkslauf.com or the Marine Corps Reserve at (661) 325-2797.

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Military Life

PCS moves make sports programs a challenge

Kelli Kirwan

LifeLINES

Self-esteem, physical fitness, and sportsmanship are all benefits of children playing competitive sports. While working with coaches and teammates, children learn life skills that benefit them long after trophies have been handed out.

But permanent change of station (PCS) moves give military families the challenge of finding new teams, coaches, and sports centers. Choosing a new team or sports program can be overwhelming, especially as your child develops talent in a particular sport.

Here are a few ideas that might make it easier to find an appropriate team in your new area.

Slam dunk at youth center — Almost every military installation has a youth center of some sort. Youth Centers often have sports programs that participate in city leagues. Talk with the youth sports director to determine if the base team is right for your child. The youth sports director will also have knowledge of sports that are available in the surrounding area that might not be offered on base.

Hit one home at the City Parks Department — The director of youth services



Lance Cpl. Michelle M. Dickson

Children aboard MCB Hawaii, Kaneohe Bay, participate in the Hawaii Youth Soccer League in July.

es for your city's parks and recreation department will have information on all youth sports offered in the area, as well as team histories.

Knowing a team's performance record and whether there have been complaints registered against a team or coaches will help you make a more informed decision for your child.

The parks and recreation department may be able to refer you to coaches and other parents you can talk with prior to signing up for a particular team. Be careful to separate the reputa-

tion of a team from actual fact; many winning teams develop a negative reputation unfairly.

Be true to your school — Schools often receive flyers and information from teams in the area. Talk with school staff or other parents to find out about teams. Attending a PTA meeting or other school function will help build a network of people with information about what is available.

It's fun to play at the YMCA — YMCAs around the country often offer team and individual sports. Visit with the sports director when deciding what program is best for your child.

Keep your eye on the ball — If possible, attend a couple of practices and observe the coaches' interaction with the children, as well as their knowledge of the sport. Teaching how to throw a football is not all there is to coaching. Safety and injury prevention should be a priority as well.

If arriving during the off-season for your child's sport, interview the coaches. Talking with other parents who have participated on city teams in the past can also give some insight into the quality of teams available and the coach's style.

Being military does not have to mean sacrificing your children's athletic development. It does mean more effort may have to be made to find the right team or coaches for your child's particular needs. A little time spent in your new community will help you find the best program for your child.

Personal trainers hold ticket to new you

Semper Fit Center has training programs for every situation and type

Deb Trzcinski

LIFELines

When you think of a personal trainer, what comes to mind? Hollywood? Wealthy celebrities? How about the Semper Fit Center? That's right. This luxury, often reserved for the rich and famous, is now offered at no cost at many Navy and Marine Corps base fitness centers.

Get with the program

Whether shedding a few pounds or hoping to run long distances, a personal trainer can assist you in meeting your fitness goals.

For optimal results, these trainers will instruct you on the proper use of fitness equipment located at the gym. Additionally, they can help you incorporate outside cardiovascular activities, such as walking, running, swimming, and aerobics to maximize your workout time.

A plan of action

When Navy Lt. Ken Collins, a devoted runner, wanted to add weight training to his workout, he sought the services of a personal trainer at the local base gym.

Lt. Collins says that he initially went in to get instruction on weight training and came away with a plan centered on goals he had set for himself. "The trainer took the time to outline a complete fitness regimen for me," he said.

Some centers offer fitness assessments for a

nominal charge of around \$25. These programs are optional, but beneficial in helping a personal trainer develop a program specifically for your fitness needs. This evaluation often involves a personal profile, including such things as weight, body fat, strength, and cardiovascular condition.

Working the plan

The value of having an exercise partner or someone to be accountable to is priceless. Your trainer is like a workout partner, only better. The trainer will keep you working on your program as well as charting your progress as an incentive to keep you going.

Once you have been evaluated or have discussed a specific plan, the trainer will meet with you as often as necessary. Initially, you might meet with the trainer a couple of times a week. Eventually, over time, you'll become more independent.

Sticking with it

Trainers are continually available, even after you have agreed to end your scheduled training time. You can seek their advice for starting new programs or adding additional equipment to your workout.

Locations and costs

Contact the Semper Fit Center to find out when personal trainers are currently available. The cost for a trainer is free to Navy and Marine Corps members and their families. Check on prices and/or requirements for a prior evaluation.

Besides the no-cost factor, a great benefit of this program for those who live or work on base is accessibility. It's easy to make a stop by the gym before or after work or during the lunch period.



Pic. Rich Mattingly

Victoria Stonesifer, a fitness instructor, offers a "spinning" Dinah Horten encouragement during the first spinning classes offered at the Semper Fit Center in 2003.

The end results

In no time, you'll find yourself fitting nicely into that old pair of jeans stashed away in the bottom drawer or the uniform you bought a while back. Perhaps you'll even run a marathon.

Lt. Collins did just that. With the specified program set up by his personal trainer, he built strength in crucial areas of his body.

"This helped keep me injury free as I piled up significant mileage for the marathon," he said. As if 26.2 miles isn't enough, he's on his way to a second marathon.

"The facilities at the base gym are really second to none." Collins said. "There is absolutely no reason to pay for services on the outside when what is provided by the military is simply better."



Cpl. Megan L. Stiner

Bandits running back Calvin Wheelous hits the ground after getting hit by the Raiders defensive line. The game was tough for both teams but the final score of 39-6 gave the glory to the Bandits.

FOOTBALL, From C-1

Tyrone Payne and Gonzalez returned the Raiders intense defensive play by stopping them in their tracks until the Raiders were forced to punt the ball.

The Bandit's offense came on strong with Gonzalez and Calvin Wheelous quickly gaining yards and first downs until Brown received the ball and ran it three-yards for a touchdown. The extra kick attempt was blocked for the second time during game play by the Raiders defensive line, with the Raiders trailing the Bandits by 20 points.

The Raider's offense wasted no time once they got their hands on the ball. Wide Receiver Jon Doir Ferrell left the Bandit's defense in a cloud of smoke as he sprinted 65-yards up the field for the Raiders first touchdown. The crowd-pleasing run was also their longest running play from scrimmage to date. No extra point gain, but the Raiders were on the board.

The Bandits had one more possession before the end of the first half, but no points were gained, leaving them ahead with the final score of the first half 20-6.

The Bandits gained a lot of ground during the beginning of the second half, but ended up kicking before they could score.

As soon as the Raiders gained positive control of the ball, they lost it again, with fumble recovered by Bandits all-star Payne.

Not a lot of action happened in the second half until Bandit's running back Wheelous took

control of the field with a 27-yard touchdown run. The two-point conversion attempt was stopped short by Raider's line backer Marcos Lopez, bringing the score to 26-6.

The Raiders offense tried to move up the field but couldn't make it past the Bandit's Payne and his defensive powerhouse.

With possession back in the hands of the Bandit's it was only a matter of time before they scored again. This time with a running dive by Bandit's fullback Erik Delgadillo. Missing an additional two points with a two-point conversion attempt raised the Bandit's score to 32-6.

The Raiders couldn't gain the yards yet again and ended up giving the ball back over to the Bandits with two minutes to go in the game.

The Bandit's took note of the time, and made their move adding six more points to the scoreboard with a touchdown. To end their night on an even more positive note for the Bandits, the extra point flew through the guideposts, to end the night's intramural football excitement.

Although the Raiders may not have been the dominant team in the end, their coach still believes they have the potential to make a big impression on this year's intramural football season.

"Regardless of the outcome, our team is improving," said Jared Plotts, defensive coordinator for the Raiders. "Everyone can see the progress we have made from the last game to now. By the end of the year, we will be a force to be reckoned with."

RUNNING, From C-1

who participated in the meet were very talented, which pleased Adams because of his competitive spirit.

Adams plans on competing for a spot on the All Marine Corps Cross Country team in December at Camp Pendleton, Calif., along with members of the base cross-country team.

"Competition is one of the best parts of running," he said. "Getting out there and seeing

GRAPPLING, From C-1

wrestling letter each year in the 171 pound, and 189 pound weight classes.

Some athletes don't take their sports as seriously once they graduate high school, but Byrnes has taken his zeal for fighting to totally new levels since he joined the Marine Corps shortly after graduation.

Although he still practices wrestling and martial arts, his most recent sports passion is grappling.

As a MCMAP instructor in Camp Lejeune, North Carolina, Byrnes ran into a Lieutenant who had studied submission fighting and saw talent in the eager young Marine. They began to practice grappling in the All-Marine Corps Boxing Gym, and Byrnes quickly found himself enjoying the sport more and more.

Because of its complexity and combination of fighting techniques, grappling is one of the most intricate styles of martial arts.

Byrnes studied Ju Jitsu, free-style wrestling and kick boxing before competing in his first grappling tournament, Rumble in the Park, Greenville, North Carolina in 2002, where he placed second in his weight division.

His most recent accomplishment occurred Sept. 18, at the Hawaiian State Grappling Championship, sponsored by the North American Grappling Association and held at Wallace Rider Farrington High School.

Byrnes said he had three goals going into this tournament. He wanted to make it into the light-heavy weight class, place in the top three in the expert division and place first in the intermediate division.

Early in the morning his first goal was achieved, weigh-in was completed and he entered himself into the expert and intermediate divisions in the light-heavy weight class.

The day began with opening ceremonies and a brief about the styles and techniques that fighters would be able to perform during the championships. Once that was completed, the rumbles began.

Byrnes competed in three fights for both divisions, a total of six fights in one day. His first bout lasted less than one minute before his opponent submitted. Putting Byrnes in the semi-finals in the intermediate division. His next fight was less than 30 minutes later in the expert division. Although his opponent was

what you've got is the attitude to have. You have to put everything out there on the starting line, and just see how you end up at the finish."

The women's team award went to the University of Hawaii, with the individual race winner being Chelsea Smith from Brigham Young University. The men's team title was captured by the University of Houston, with the individual winner Sesar Figueroa, racing for the same team.

more skilled than the last, in the end Byrnes walked away with the win.

He was now in position in the semi-finals in both divisions.

Shortly after his second fight, Byrnes name was called to the mat again. Six minutes later, the standard time for a submission-grappling match, Byrnes was congratulated on qualifying for the finals in the intermediate division.

But his luck ran out in the expert division. The day's exhausting efforts began to show as he fought one of the tournaments most skilled athletes. Six grueling minutes later Byrnes walked away with his first defeat.

Byrnes explained he sees grappling as a test of ones own will.

"There are no other variables, just you and your opponent," he said. "You can't blame anyone else if you do bad. It shows you what your training has done for you and how good you as an individual are at the sport."

Coming back into the intermediate finals with his friends and son Logan watching on the sidelines, Byrnes used his aggression from his previous loss to put on a good show for everyone.

Although he was intense and precise with his techniques, when the time-towel was thrown, signifying the end of a match, his opponent's hand was raised high in victory. The final score of the match was 7-6.

"I fell short of one of my goals...by one point," said Byrnes with a sigh, "I should have won the intermediates."

After being called to the mat one final time, Byrnes, and the opponent he fought against in the intermediates, flipped a coin to decide which one of them would get third place in the expert category.

The day was over, two of three goals were achieved and Byrnes walked away with two medals. Second place in the intermediates and third in the expert.

"I am satisfied with my accomplishments," Byrnes explained. "I do feel as though I could have done better, but I am happy with how it turned out."

Byrnes plans on continuing to train and sharpen his skills for any upcoming tournaments. He believes he has a second place curse because he has a history of being runner-up. Only time will tell if he can overcome it, but he intends on fighting until he does.