

LIBERTY CALL

Keep on

Running



Jean Clarey, wife of the late Adm. Bernard "Chick" Clarey, the bridge's namesake, releases a rainbow-colored pigeon into the air, signaling the start of the race.

The second annual Ford Island Bridge 10K fun run, sponsored by Morale, Welfare and Recreation, drew a crowd of more than 2,200 last Saturday.



Second annual bridge run draws thousands for race through Ford Island

Story and photos by J02 Greg Cleghorne
HNN ASSISTANT EDITOR

More than 2,200 members of the local community and military members converged on Ford Island Bridge, well before the scheduled 7 a.m. start time, for the second annual Ford Island Bridge 10K Race.

Mrs. Jean Clarey, the wife of the late Admiral "Chick" Clarey - whom the bridge was named after - tossed out the first rainbow pigeon followed by a flock of the multicolored birds, signifying the beginning of the race. Hundreds of voices shouted in unison, "Ten! Nine! Eight! Seven..."

After the chants reached "One!", a loud BANG! sent the thousands of participants across the bridge, most with smiles on their faces; at least

at the beginning of the race.

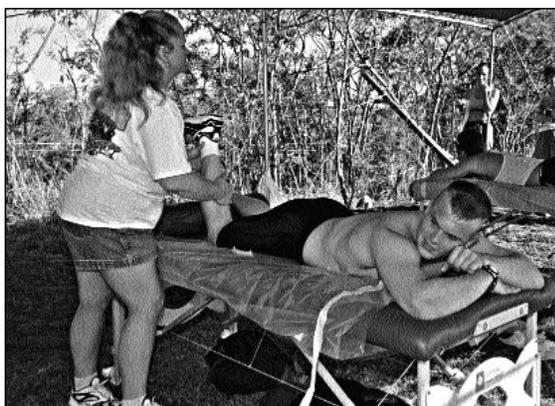
The sound of hundreds of sneaker-clad feet thundered for a moment, followed by the sound of conversations and laughter.

Early morning clouds gave way to sunshine and stayed with the event through its conclusion. The battleship Missouri and USS Arizona Memorial glistened in the early-morning, Hawaii sunshine, greeting the runners as they crossed the bridge to Ford Island. Participants sprinted, jogged and strolled across the span and through the six-plus mile course that wound through Ford Island.

Nearing the end of the race, grimaces filled the faces of the competitors sprinting to the finish line. They were dripping with sweat, mouths wide open, gasping to catch their breath. They seemingly en-

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After the race, several runners took advantage of MWR's massage booth. "A good massage is important to physical exertion," said MWR professional massage therapist, Paula Gillen. "It loosens up tight muscles and moves around the lactic acids that cause cramps and discomfort."



Several race participants opted to take their time and walk the 10K course, some bringing their young children along for the excitement.