

# Tripler Army Medical Center

## Public Affairs Office Media Release

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## Tripler team places first in Swamp Romp at Kaneohe Bay

HONOLULU—The “Living Aloha” team, with members mostly from Tripler Army Medical Center, took first place in the mixed division in the 11<sup>th</sup> annual Swamp Romp at Kaneohe Bay April 23.

“The team wanted to have some fun, and most of us completed the run in a previous year. We are all runners and thought it would be a strong team,” said Capt. Trang Nguyen of Tripler Army Medical Center’s Troop Command.

Fun for these six Soldiers and some 1,200 other participants, was competing in what has been called Oahu’s dirtiest footrace. The Swamp Romp includes running, crawling, slogging, swimming, and for some, diving headlong into muck along a nearly five-mile course that included a mud pit, a log wall, another hundred-foot strip of mud, and a quarter-mile of waist-deep muck that is part of Nuupia Ponds along Kaneohe Bay.

The six-member teams also had to finish together. For each teammate not crossing the finish line with the rest of the team, the team was penalized one minute. Needless to say, the Tripler team was all for one and one for all on that mud-dragging day.

“It was fun to work together as a team and finish the race,” said Nguyen. “We never expected to win. We finished just under one hour and are very happy with that accomplishment.”

Photo courtesy Maj. Melanie Sloan

**Muddied but unbloodied.** “Living Aloha” took first place in the mixed division of the annual Swamp Romp at Marine Corps Base Hawaii, Kaneohe Bay. Team members are (front row from left) Capt. Marc Bustamante of Pacific Regional Medical Command Contracting Office, and Capt. Nathan Swartz and 1<sup>st</sup> Lt. Jason Constantino, both of Headquarters and Company A, 225<sup>th</sup> Forward Support Battalion. Back row, from left are Capt. Trang Nguyen of Tripler Army Medical Center Troop Command, and Capt. Holly Swartz and Maj. Melanie Sloan, both of Tripler Army Medical Center Pathology Department.