



Inline Hockey Coming to Kapolei

Arenas being built in Kapolei Business Park

Sun, rain and rough concrete are the enemy for Hawaii's approximately 500 inline hockey players who must practice and play on outdoor blacktop surfaces in all kinds of weather — never mind the teams they face in Mainland tournaments who train in real indoor inline hockey rinks, and who routinely defeat them. All this will start to change in late January 2010, when Richard Pentecost opens his Kapolei Inline Hockey Arenas (KIHA) in the Kapolei Business Park.

"It's been my dream to give Hawaii inline hockey players a facility where they can get to the



next level and be competitive on the Mainland," said Pentecost. "I also want to see the sport grow and start to field championship teams like our Wahine volleyball team."

KIHA's air-conditioned facility will have two 17,000-square-foot rinks, lockers, bathrooms, snack bar and a pro shop, and will be powered by photovoltaic solar panels. A mezzanine and catwalk will give hockey fans prime viewing of the fast-paced action on the rinks below.

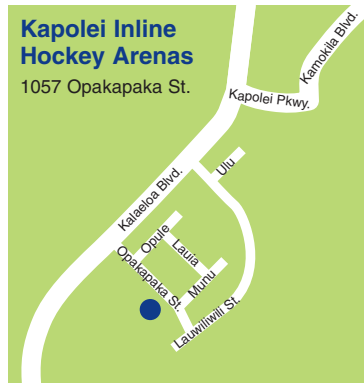
Locating the arenas in Kapolei was an easy call for Pentecost. Besides the affordability of the land, and the attractive campus-like setting of Kapolei Business Park, he sees Kapolei as an



untapped market with huge potential to grow the sport.

"Inline hockey is an exciting sport to watch and to play, and this facility is designed for both," said Pentecost.

In time, Pentecost plans to add roller derby for girls, and floor ball — a version of hockey that requires only a stick and no skates. For more about KIHA, go to www.kihawaii.com.



Boxing for Fitness

When most people think of boxing, they probably think: Mike Tyson. This is hardly the case at Pearlside Boxing & Fitness' Kapolei gym located in three storage lockers at Hawaii Self Storage between K-Mart and Home Depot. Here, Coach Eichii Jumawan and his coaching staff concentrate on the fitness side of boxing through personal training and one-on-one boxing instruction.



"Ninety percent of our members come to us to stay fit, lose weight, or get in shape," said Coach, as he likes to be called. "Boxing used to be taboo for women, but more and more of them are taking it up. They love the workout and the stress relief! I even have a mother and daughter and a father and his daughter working out with us."

The Kapolei location is an expansion for Coach, whose main gym is located in Pearl City. "I live in Makakilo, and I wanted to expand here. It was actually my wife's idea to use the storage lockers because of the low overhead, plus we have access to a business center and conference room."

The Kapolei gym currently has about 20 members that come individually or in small groups. Larger group classes will be starting in January, with registration beginning in December. For more information, check out www.pearlsideboxing.org.

