



**Dan Roach gets roughed up while trying to take the ball to the hoop during Saturday's basketball game that pitted Nautilus employees, city of Vancouver officials and other community members against the Harlem All-Stars. The game, which featured basketball sprinkled with comedy, was one part of FitJam08 at the Nautilus campus in east Vancouver.**

# FUN, FITNESS PAIR UP AT ANNUAL FITJAM

Competitions, comedy and lots of family activities offered

By **JEFFREY MIZE**  
*Columbian staff writer*

Several of the local scrubs sported a few extra pounds and more than a few gray hairs, and they had no illusions as they warmed up under the noontime sun Saturday.

The Harlem All-Stars, which includes a couple of athletes who once played for the Harlem Globetrotters, took on a ragtag team of Nautilus employees, local government officials and other community members as part of the fourth annual FitJam at the Nautilus campus in east Vancouver.

"Have you ever heard of the Washington Generals?" Vancouver Public Works Director Brian Carlson asked before tip-off, referring to the Globetrotters' longtime punching bag. "We're the Vancouver Privates. We know our place."

Clark College President Bob Knight, who predicted his team had "a 100 percent chance of being embarrassed," wasn't sure which players would start.

"We don't know," Knight said. "Probably whoever is still breathing after the warm-ups."

The competition didn't turn out nearly so fierce. Tyrone "Hollywood" Brown, Les "Pee Wee" Harrison and other All-Stars focused more on comedy than competitive basketball, as they flipped behind-the-back free throws and toyed with the referee at



Photos by **ZACHARY KAUFMAN**/The Columbian

**Despite temperatures that reached the mid-80s by midday, families flocked to FitJam08 Saturday to enjoy a variety of activities and events.**

every opportunity.

The All-Stars even did a short version of the Globetrotters' famous "water bucket filled with confetti" routine, although their shtick used real water that ended up drenching Knight's white FitJam T-shirt.

Nearby, firefighters from Vancouver and Boring, Ore., were getting drenched with their own with sweat as they competed to see who could pound out 110 floors the fastest during the StairMaster StepMill Firefighter Challenge.

The Stairmaster competition — think of climbing the wrong way on a briskly descending escalator

## If you go

- **What:** FitJam08, a two-day Nautilus fitness festival that concludes today.
- **When:** 7 a.m. to 3 p.m. today.
- **Where:** Nautilus campus, east of Southeast 164th Avenue and south of Mill Plain Boulevard.
- **Cost:** Free.
- **Information:** [www.nautilusfitjam.com](http://www.nautilusfitjam.com).



# FitJam:

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— sought to simulate conquering the stairs at Chicago's Sears Tower. The tower actually has only 108 functional floors, but its owners count the roof and penthouse to reach the 110-story mark.

Vancouver Firefighter Tyler Dillmon finished Saturday's heat in an even 14 minutes. Last March, he placed 23rd in the annual challenge where firefighters, clad in full gear, climb the 69-floor Columbia Center, Seattle's tallest building.

Dillmon said he has finished first among Vancouver firefighters for three straight years in the Seattle competition. But he took notice Saturday when Firefighter Jason VanderZanden beat his time by a full 75 seconds.

"Next year, the stair climb is going to be a whole new ball game," Dillmon said.

He wasn't the only one impressed. One woman noticed the steely determination on VanderZanden's sweat-covered face as he smoothly climbed the stairs and hoped he would respond if she ever had to call 911.

"If I'm up there burning, I want this guy," she

said about his fitness.

The two-day FitJam event also includes softball, flag football, soccer and 3-on-3 basketball competitions, along with martial arts demonstrations, fitness booths and music.

Kids were able to play on an assortment of inflated attractions, including one that allows them to don suits covered with Velcro and see if they can plant themselves on a fuzz-covered wall.

Nearby, Monica "Jet" Carlson, of Milwaukie, Ore., signed autographs wearing her "American Gladiator" costume. Carlson, the mother of twins who has abdominal muscles that could probably open a beer bottle, won the female competition during the show's reincarnation on NBC.

After effortlessly hoisting another small child onto her left shoulder for a photo, the former dancer for the Portland Trail Blazers posed with four members of the current dance team for another round of photos.

Today's festivities include a marathon relay, where five-member teams will start near Portland International Airport and finish at the Nauticus campus.

Carlson will be back to sign autographs, along with Blazer forward Travis Outlaw, from noon to 2 p.m. Finals of the Stairmaster challenge are set for the same time.