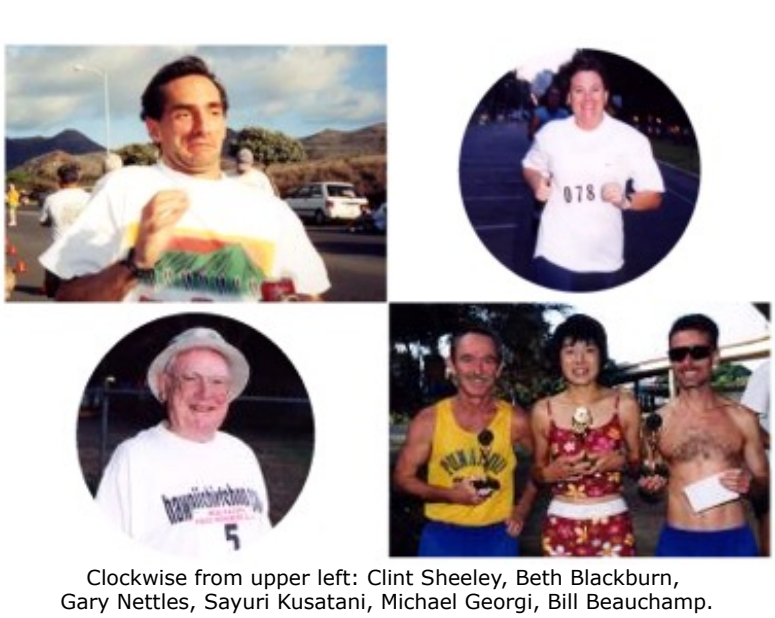
MPRRC Newsletter
Spring 2001

Features


Clockwise from upper left: Clint Sheeley, Beth Blackburn,
Gary Nettles, Sayuri Kusatani, Michael Georgi, Bill Beauchamp.

The President's Forum

It's Time for Others to Step forward and Take the Baton of Club Leadership

By Bill Beauchamp
MPRRC President


Ron Pate
Immediate past president


Bill Beauchamp
2001 MPRRC Club president

The year 2001 has had a very successful start with Bosetti, Bob and Ron's, Moanalua, the Chapson, Oahu Perimeter, Pearl Harbor Bike Path, Johnny Faerber and Norman Tamanaha events under our belts, and a very interesting program still ahead of us.

Ron Pate did a tremendous job for us as president this past year, particularly in delivering large numbers of volunteers to provide the vital support that makes our races both reliable and enjoyable experiences.

My main objective this year is to develop new leadership in the club, particularly in the area of race operations. John Simonds was elected as Vice President for Race Operations at the club's annual meeting and will provide the continuity we need in this area.

Brian Clarke has volunteered to head a development committee which will seek out and train new teams for directing race events and other club operations.

I sincerely hope you will support John and Brian by volunteering to assist them with our forthcoming races. At a minimum, please volunteer to help in at least one race during the year to help our fellow runners enjoy a well-managed program of racing experiences. You can do this by making a call to Joan Davis, Vice President for Volunteers or also to John.

The greater challenge is to become a more active participant under Brian's leadership and train to make our racing events better administered and even more fun. The old guard, including Ron Pate, Geoff Howard, Bart Mathias and Joan Davis, have paid their dues in devotion to organizing and putting on the races. So let's see more of you stepping forward and gradually taking their places.

If you do, all of us in MPRRC will be able to enjoy running, jogging and walking on our beautiful island for at least another 40 years.

Clint Sheeley, Honolulu's Millenium Marathon Man, Pursues Grade-A Goals

By Christian Friis


Clint Sheeley, top Hawaii resident finisher in the 2000 Honolulu Marathon, is shown here after taking 2nd place in the Gil Bosetti 10km in January.


Clint, center, ran on the winning Men's Oahu Perimeter Relay Team in Febrary. Others from left: John Smith, Jonathan Lyau, Eric Stabb, Peter Hursty, Pete Boksanski and Christian Friis.

For many runners, it was a surprise to see Clint Sheeley finish as the top local runner in last year's Honolulu Marathon. But for Sheeley, everything had gone well in gearing up for the big December race, and in running it he had the time of his life.

Sheeley, 34, finished 27th overall in 2 hours, 37 minutes, 13 seconds. Jonathan Lyau, 36, was the second Hawaii finisher in 2:40:23, and John Smith, 39, was third among Hawaii residents in 2:44:12. Clint was also the second U.S. runner, finishing behaind James Shereta, 36, of La Jolla, Calif., who clocked 2:31:25 for 16th place overall.

One of the things that worked for Clint when he was preparing for the Honolulu Marathon was that he did not get hit by a car 6 days before the race. That experience sidelined him for weeks and caused him to miss the 1998 marathon. Then in the 1999 event he had disappointing results. But last year everything came together for the lean and witty New Englander.

During the year 2000, Sheeley's name appearing in nearly all the results from races in the islands, including Maui's Run to the Sun, Volcano Run, Honolulu Marathon, Kole Kole Pass Half-Marathon, the Tantalus Trail, Hana Relays, and Val Nolasco Half-Marathon. IN all these races, Sheeley placed in the top 5 or close to it. He won last October's MPRRC 30KM in 1:52:02.

According to Sheeley, the MADD Dash 5km may have been one of the few races on the calendar that he missed.

While many runners are complaining about not setting new personal resordsor even being close to them, Sheeley who has only run for 4 years, is constantly setting one personnal record after another. Many runners have specific goals for their running, but if you ask Sheeley, he says his reason for doing all those miles is so that he can eat as much ice-cream as possible.

His weekly training totals between 65 and 80 miles, and two or three times a week he meets with his fellow Mushroom Track Club runners, either for a workout on the track, or a long trail run. And if it were not for a promise to other Mushrooms, Clint would have participated in the HRT 100-miler on the trail this past January. But the Oahu Perimeter Relay was the next race on the agenda, and because it was a team effort, no-one wanted to risk getting injured.

Before taking up running, Sheeley did not consider homself an athlete. In high school, Clint played baseball, ran track and cross country. He got away from sports for awhhile, but after moving to Hawaii from Rhode Island (Lincoln, R.I., is his hometown) about five years ago, running became Sheeley's sport.
This years Perimeter team-relay run was another win for Clint Sheeley who was on the winning Running Room Zatopek Mushroom Track Club and the Angry Gnome Featuring Britney Spears Team, which finished two hours ahead of the nearest team. This year the Volcano Run is again on the Sheeley race schedule, and a trip to the Chicago Marathon is also on his agenda.

And here's another Sheeley goal: a long-awaited record attempt to drink a cold gallon of milk in 15 minutes. It's something Sheeley would like to accomplish. He has tried it several times but has still only reached halfway.

Speedy Sayuri Scores Impressive Performances on Two Continents and Hawaii

Sayuri Kusatani has already achieved global glory as a distance runner in Asia and Europe. Now her time in Hawaii has given her a chance to acquaint another running community with her phenomenal speed and skills.

Kusatani, 41, from Mie, Japan, taught English to students in her homeland and now has been here to study English further at ICC. She's an outstanding tennis player, and one of her tennis friends told her about running the Maui Marathon. They began working out together. The friend noticed Kusatani's pulse was low after running and suggested she enter some races. Sayuri did and ran her first 10-K in 40 minutes and won the event.

Her first half-marathon was in Aichi Prefecture, where she covered the distance in 1:24. After 5 more races, she worked her time for the distance down to 1:17:50. Her name began appearing regularly in Japan's newspapers. In 1998, Sayuri entered the Tokyo Interntional Women's Marathon and posted a 2:56 time. A year later she ran it in 2:43.

After Kusatani heard from friends about how flat and fast the Berlin course was, she ran the Berlin Marathon in 2:40:05 and placed 17th overall out of 25,000.

For practice, she runs four or five times a week, usually for one hour each time. Her longest run once a week is between 1 1/2 to 2 hours.


Sayuri Kusatani, winner among female runners in the Moanalua Hills 4-mile run in January.


Tops in the Women's Division of the Oahu Perimeter Relay were "Quick Chick" members, from left, Tomoko Magruder, Mina Casey, Masako Sagawa, Kelly Lyau, Lisa Blomme, Stephanie McLaughlin, Heidi Ballendorf and team coordinator Buffy Whiteman.


Sayuri celebrates with other Moanalua top finishers, from left, Michael Georgi, Asti and Louis Tomsic (1st Place), and Gary Nettles.

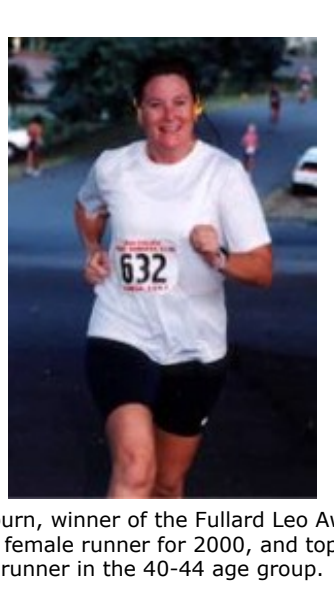
MPRRC Honors Top Performers and Most Improved for 2000

Outstanding Club Runner of 2000, Male
Louis P. Tomsic

Oustanding Club Runner of 2000, Female
Ellen Humphrey

Most Improved Club Runner of 2000, Male
Mike Pietruszewski

Most Improved Club Runner of 2000, Female
Beth Blackburn

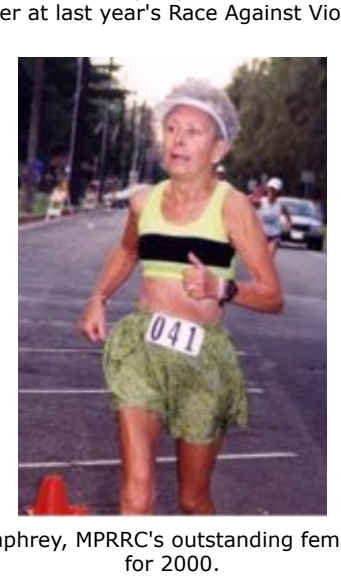

Beth Blackburn, winner of the Fullard Leo Award, most improved female runner for 2000, and top division runner in the 40-44 age group.


Mike Pietruszewski, left, most improved male runner overall in 2000, accepting an award from Johnny Faerber at last year's Race Against Violence.

Outstanding Age-Group Runners, 2000 Female

40-44 Beth Blackburn
45-49 Diana Miller
50-54 Mary Kempshall
55-59 Paula Carroll
60-64 Joy Schoenecker


Lou Tomsic, MPRRC's top male runner for 2000.


Ellen Humphrey, MPRRC's outstanding female runner for 2000.

Outstanding Age-Group Runners, 2000 Male

35-39 Jan Beck
40-45 Elpidio Cadavona
45-49 Dennis Uyehara
50-54 Dwight Yamada
55-59 Michael Pietruszewsky
60-64 Geoffrey Howard
65-69 William H. Cunningham
70-74 Robert Henninnger
75-80 Naoto Inada

Winner, Fullard Leo Award - honoring the female member of the club who most approximates the Olympic Creed - Beth Blackburn.


Bill Cunnigham, most improved in 65-69 age group.


Dennis Uyehara, most improved in 45-49 age group.

2000 Marathon Readiness Series Continues Steady Pace of Success


Brian Clarke announces awards in the 2000 Marathon Readiness Competition.

The third annual Marathon Readiness Series as another success for the hundreds of participants who used the series of five races to gear up for the Honolulu Marathon.

Brian Clarke, who has organised the pre-marathon series each year, said that though entries were down slightly from last year's high of 450, the MPRRC tokk in more money in entry fees in 2000, because a greater proportion of non-members entered the series at the non-member fee of $48.

Scores were calculated by counting where entrants placed in the Hickham 15K, the Barbers Point 20K, the Schofield 25K, the Mid-Pac 30K, and the Val Nolasco Half-Marathon. An athletes place in each race was his/her score, and the lowest scores won. Runners had to run at least four of the races to get a certificate and to figure in the final scoring.

Awards were presented at McCoy Pavillion in Ala Moana Park at the annual pizza dinner in January, an event sponsored by the club and Boston Pizza. Anyone who entered the series could attend free of charge, and more than 100 athletes attended.

Name	Age Group	Placed	Races Finished
	Male Overall Winners		
1 David Millet	35-39	1	5
2 David Heppner	30-34	1	4
3 Louis Tomsic	35-39	2	5
4 Josheph Kauwale	40-44	1	5
5 David Stackhouse	30-34	2	5
	Female Overall Winners		
1 Stephanie McLaughlin	40-44	1	5
2 Lea Molina	30-34	1	4
3 Norma Robles	35-39	1	4
4 Karen Loomis	50-54	1	5
5 Michele Wood	40-44	2	5
	Female Division Age Group Rankings		
Jessica Hargarten	15-19	1	4
Peggy Sonano	20-24	1	4
Jaymee Carvajal	20-24	2	5
Tina Yakuwa	20-24	3	4
Claudia Henderson	25-29	1	5
Casey Tells	25-29	2	4
Crescent Garner	25-29	3	5
Bonnie Campbell-Kaufman	30-34	1	5
Doris Nedved	30-34	2	5
Petula Shimabukuro	30-34	3	5
Linda Takane	35-39	1	5
Grace Sugimoto	35-39	2	5
Sonja Lundgren	35-39	3	4
Beth Blackburn	40-44	1	5
Connie Sizemore	40-44	2	4
Bridget Player	40-44	3	5
Terri Gnatek	45-49	1	4
Diana Miller	45-49	2	5
Debi Halcro	45-49	3	4
Vivian Murray	50-54	1	5
Maude Omai	50-54	2	4
Wynne Wakabayashi	50-54	3	5
Bobbi Stepenhorst	55-59	1	4
Stephanie Faulkner	55-59	2	5
Barbara Pfeiffer	55-59	1	5
Holly Bohreer	60-64	2	5
Joy Schoenecker	60-64	1	4
Ellen Humphrey	70-74		4
	Male Division Age Group Rankings		
Johnathan Weiss	20-24	1	4
Daniel Kidd	20-24	2	5
Glenn Lamosao	20-24	3	5
Collin Hunton	25-29	1	5
Luis Zamarripa	25-29	2	4
David Rice	25-29	3	4
Jerry Labson	30-34	1	4
Michael Temme	30-34	2	4
Timothy Noonan	30-34	3	5
Jan Beck	35-39	1	5
Mark Grand	35-39	2	5
Mark Jackson	35-39	3	5
Elpidio Cadavona	40-44	1	5
Ken Watts	40-44	2	4
Coswin Saito	40-44	3	5
Manual Dizon	45-49	1	4
Gary Augustin	45-49	2	5
Doug Ferrell	45-49	3	5
Fred Strapenhorst	50-54	1	4
Bruce Guyer	50-54	2	5
Loreto Mina	50-54	3	5
Michael Pietruszewsky	55-59	1	5
John Kelley	55-59	2	4
Dick Vrcauteren	55-59	3	4
Phil Damon	60-64	1	4
Frank Suenaga	60-64	2	4
Paul Ishii	60-64	3	5
Al Samualson	65-69	1	4
John Simonds	65-69	2	4
Tom Knoll	65-69	3	5
Mac Kempshall	70-74	1	5
	Clydesdale Overall Winners		
1 Ryan Janivic	25-29	3	4
2 Don Russell	30-34	12	5
3 Russell McCray	35-39	18	4
	Clydesdale Masters		
1 Laurence Ludwig	50-54	4	4
2 Dennis Pfaff	55-59	21	5
3 Duke Aki	40-44	31	5
	Bonnydale Overall Winners		
1 Regina Sapko	25-29	2	5
2 Lyanne Binkauski	35-39	12	5
3 Carla Day	30-34	15	4
	Bonnydale Masters		
1 Ernestine Murata	40-44	15	4
2 Helen Chisum	45-49	9	4
3 Laura Murray	45-49	11	4
	Special Race Walker Division		
1 Steve Davidson			


President emeritus Bob Doleman, on a return visit from Texas to Hawaii, spoke before the awards.


Enjoying pizza at the awards dinner, from left, Ellen and John Humphrey and Vivian and Dave Murray.

What Makes Rani Run? Big Isle Srider Started in College, Just Kept Going

By Tesh Teshima

Last year, Rani Tanimoto, who lives on Kealekekua, on the Big Island, did a 3:18:53 Honolulu Marathon. She also finished first in the MPRRC 30K and in the Kona Half -Marathon. She was 8th in the Great Aloha Run, 3rd in the Straub Women's 10K, and first in four Peaman events. Here are some of her reflections on running in the past.

"In high school I played four sports - basketball, softball, bowling and and cheerleading. The thought of of joining the cross-country team never entered my mind, since I had no time for it."

"In college, I didn't play any sports because I wanted to concentrate on my studies. It wasn't until my last semester at the University of Hawaii at Manoa that I was bored and itching for something to do. So I decided to run a few laps around the track at Manoa. I instantly enjoyed it and haven't stopped since."

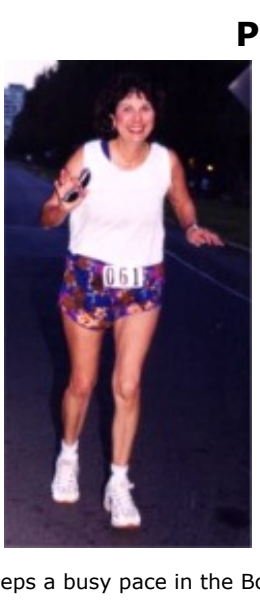
"People ask why do I run. And so I tell them, I love running with a passion. It feels so natural to me that sometimes I don't feel that I am running at all. Running connects my mind, body and spirit. I canbe creative and make my run into whatever I want it to be. During my runs, I can just be me."

"Running has also enabled me to meet a lot of talented runners and exceptionally terrific people. It's still a learning experience for me since I have been running for about 2 1/2 years. So, I'm looking forward to many more runs and races."

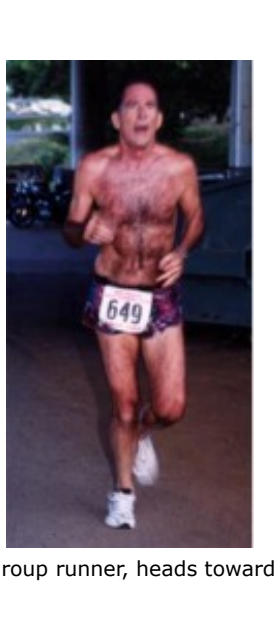
"I almost forgot to mention that I usually participate in many Peaman Biathlons (swimming and running) to help with my speedwork. Sean Pagett, who is also known as "Peaman", is the race organizer and my swim relay teammate, These biathlons are very short distances, so Sean always does the swim. Then he and I take off for the run together."


From left to right, Rani finishing in the Straub Women's 10K in March; 30K run early morning hours; Rani at the finshing chute of the 30K run; Rani Tanimoto, after running a 3:18 Honolulu Marathon last December, with Karl Honma of Kamuela, who also had a 3:18 time.

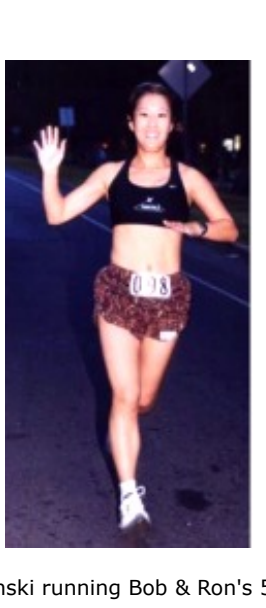
Photos by Tesh Teshima


Shirl Alvaro keeps a busy pace in the Bob & Ron's 5K.


Jeff Nakasone pours it on toward the finish of the Harold Chapson 8K in February.


Dave Devenot, a 60-64 age group runner, heads toward the Moanalua 4-mile finish.

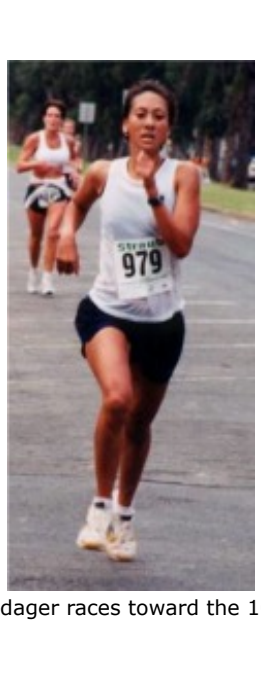

Lou and Asti Tomsic are working to put more of MPRRC's news and information on line at http://www.mprrc.com.


Heather Jablonski running Bob & Ron's 5K in January.

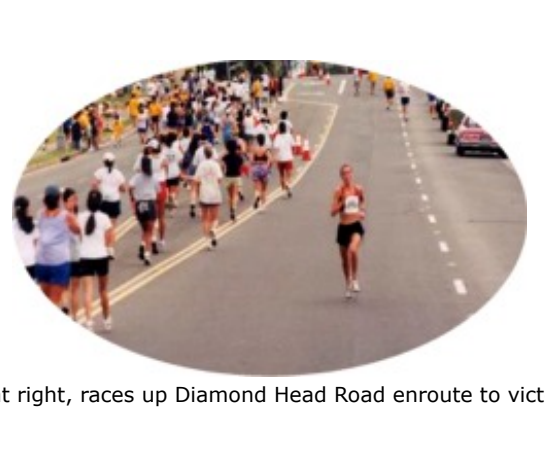

Christian Friis, left, winner of the 4-mile Run for Your Life, in Nanakuli, with Richard Trevino, 2nd, and Pete Bosanski in 3rd place.

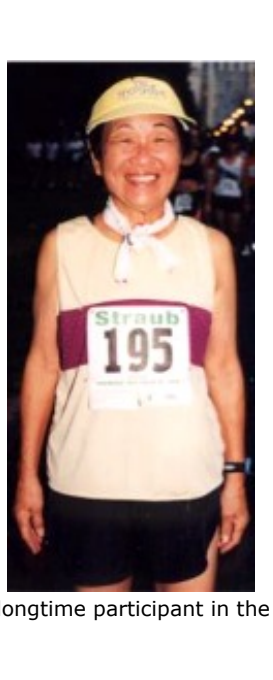
Straub Women's 10K

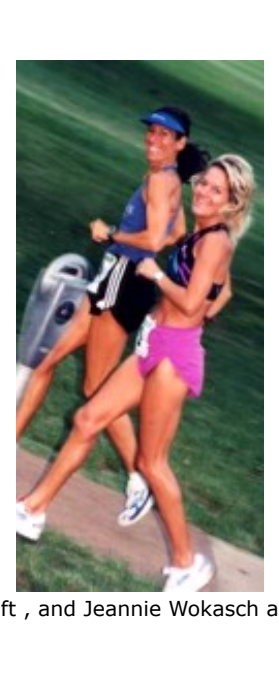

A field of about 1,300 set to start the 2001 Straub 10K.


Tammy Adager races toward the 10K finish.


Nancy Heck running toward the finish at the Straub 10K.


Leader Cheryl Smith, at right, races up Diamond Head Road enroute to victory in the Straub 10K.


Lilian Okazaki, longtime participant in the racing events.


Rachel Portner, left , and Jeannie Wokasch at the Straub 10K.


Winner Cheryl Smith, left, and Lisa Blomme, 2nd place, with their Straub 10K bouquets.

Honolulu Marathon 2000 Timing Registers ChampionChip Success

By Kit Smith


Kit Smith, leadng runner in the 65-69 age group, shown finishing the Harold Chapson 8K in February.

An accurate line-to-line timing was promised to each year 2000 participant, and the Honolulu Marathon delivered - without a hitch.

So reports Dr. Jim Barahal, Honolulu MarathonAssociation president, on the first-time use of the ChampionChip timing system in last December's race. At least, he says, "I haven't heard of any complaints."

That's remarkable considering the number of finishers - 22,636. a total that makes Honolulu one of the worlds leading marathons,

Indeed, buzz among the finishers, particularly Honolulu Marathon veterans, was how pleased they were at last to get a precise timing covering their 26.2 miles.

Also, the start of the race ran noticeably smoother, as incentive was cut to cram toward the starting line - or, worse, to push in from roadside after the start.

This year, only in the case of the first few elite runners did "gun time"govern. To use "chip time" for the elites would raise the theoretical possibility of one runner sprinting past another to won by an eyelash only to lose because of getting 1-second head start.

And the year 2000 Honolullu Marathon was the first here at which an exact count of starters was possible. That number was 22,903, indicating that only 267 participants started but did not finish.

Yes, chips will return for the year 2001 Honolulu Marathon, Dr. Barahal says, despite ths hefty cost - around $250,000 for last December's race.

In fact, Honolulu, always mindful of competition, has little choice - given that most of the world's other top marathons also use the German-engineered ChampionChip system.

The Berlin Marathon was first to use it, in 1994, and Los Angeles was first in the U.S.A., in 1996.

Here's how the system works:

Each chip contains a miniature transponder that sends its unique ID number to antennas embedded in tartan mats at the start, finish and at checkpoints along the course.

Each tartan mat, measuring about 4 metres from front to back, can accommodate about 1,500 runners per minute. Runners know they are crossing the mats by the chorus of "beeps" triggered in the embedded antennas.

The chips, plastic discs about the size of a quarter, are attached to runners' shoelaces by the use of a 5-inch plastoc Secure-A-Tie device.

Cost became manageable when Netherlands-based ChampionChip developed a low-cost, one-time use chip of the kind used by Honolulu.

A bonus of the one-time use chip is that it can bear a commemorative logo and be kept by participants as a memento.

One change in 2001 will be a greater number of checj-points. The 2000 race had three besidws the start and finish - at 10 kilometers and at the half-marathon mark.

The greater the number of checkpoints, the more "splits" the runner gets to measure performance. Also, for "splits the runner gets to measure performance. Also, for family and friends following the race in "real time" on the honolulumarathon.org web site, more checkpoints mean more chances to srr how a tunner is doing.

Also, more solits mean a tighter cueb in cheating.

That's a key consideration at Boston, which in 1980 suffered the embarrassment of crowning the now-infamous Rosie Ruiz as women's winner, only to learn she had jumped into the race wiith a mile to go. (Footnote: She has never acknowledged cutting the course, nor did she return her medal.)

Dr. Barahal says regarding cheating that "We didn't use the chip to detect cheaters. Rather, he says, the aim "was to enhance the race experience and to make the start and finish safer. It seemed to satisfy those objectives. That said, I believe any potential for cheating was greatly disminished by the use of the chip."

In past years, video recordings were made along the Honolulu course to allow checks in cases of suspected cheating. None was made at the 2000 event.

Safety had been an issue for the top runners as some slower runners, stationed along the roads, had pushed onto tha course at points after the start. Now, such incursions automatically disqualify runners because ChampionChip would show no starting times for them.

Interestingly, while the 2000 Honolulu Marathon needed far fewer finish line volunteers, the number of over-all volunteers remained unchanged.

Honolulu's Timing System Worked Better than Boston's

By Kit Smith

Boston and Honolulu, I did them both in the year 2000.

And while the Boston Marathon holds unmatched prestige and tradition, Honolulu offers an aura of excitement and fun, that, to me, beats Boston and perhaps all others.

What's more, I much prefer how, as of the 2000 race, Honolulu handles the timing.

For the first time in its 28-year history, the Honolulu Marathon provided each runner a personal ChampionChip that gave a true starting-line to finish-line timing.

My finisher's certificate lists my time as 3:54:28; no other time is shown. Boston also uses ChampionChip, but it reports times much differently. My Boston certificate lists my time as 3:59:13. But that was my "gun" time - the time it took me from the starting gun until I finished. Yes, the certificate also lists, in much smaller type, my "net time" - 3:52:05. That was my time from my moment of crossing the starting line. It indicates it took me 7 minutes and 8 seconds to get to the start. (The start at Boston is notoriously sluggish, due to the number of runners - 16,127 started in 2000 - and the narrowness of Main Street in the town of Hopkinson, where it begins.)

What rankles more is that Boston's official results book lists finishers in order of gun time, not net time. My place in the "seniors division" (60 years and older) is shown as 135. Higher in the list are two men ranked 133 and 134 in the division, despite net times a minute and a half slower than mine.

I wrote a letter to Frank B. Porter Jr., president of the Boston Athletic Association, which conducts the marathon, to suggest that Boston follow Honolulu's example. Replying, he thanked me for my letter and said, "I will make sure the matter is considered by our timing people". I intend to follow up. I hope to do Boston again in 2002.

Lessons from the Road of Life?
Bill Beauchamp can Teach 'em.

By Lyle Nelson


Bill Beauchamp, center, accepts post-Oahu Perimeter Relay awards from MPRRC's Geoff Howard with fellow "Geezer" team members, left to right, George Murray, Bob Henninger and John Simonds.


At the 4-mile Run for Your Life in Nanakuli in March, Bill was recognized for being the oldest competitor and Travis Mokiao, 7, the youngest.

Bill Beauchamp, 2001 president of the MPRR, might be called a classic marathoner, having done the course of that first 26-miler from Marathon to Athens. "A tough one," Bill admits, with plenty of fumes from the automobile traffic in the city near the finish line.

He's also done a marathon on the Golden Beaches south of Brisbane, Australia, presumably freer of car fumes. More adventuresome certainly was his half-marathon in the Antarctic, "at King George Island on the South America side of the continent," he said.

Bill's 28 marathons include Stockholm, Hilo, New York, Boston, San Francisco, Los Angeles and Maui four times.

In fact, at age 80, he did this year's Maui marathon, "but after that I'll stick with the shorter runs," he said. As the licence plate on Bill's car indicates, he pronounces his name BEECH-um.

A native of New York City, Bill has server MPRRC as treasurer for five years and is also vice-president for race operations, making him familiar with club functions.

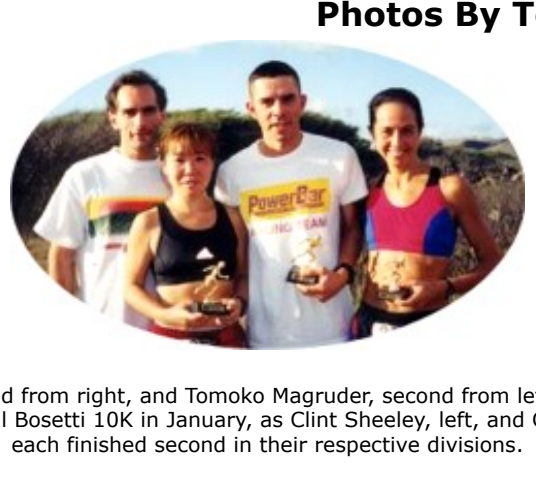
But his running career was put on hold for a long time. "I was a two-miler as a freshman at Brown and a swimmer in High School," he recalls.He came to Hawaii in 1972 but did not resume the running of his younger days until 1978.

World War II found Beauchamp in Assam in the northeast corner of India bordered by the Himalayas and China to the north and Burma to the east. American GI's knew his areas as the CBI theater, sort of a backwater in the war, but Bill is thankful that by the time he reached India he did not have to do so as a survivor of the hike out of Burma led by General "Vinegar Joe" Stillwell. Originaly, Beauchamp was a radioman in the Army Air Corps but after Officer Candidate School, he became an officer in the Army Corps of Engineers. For five years after the war he was with the Chase Bank in Tientsin, China, the port city for Peking, as it was called then. The Korean War pulled him back into uniform. A series of Army moves took him to Fort Levenworth, Kansas; Alaska, Virginia, Japan, and eventually Korea and Okinawa.

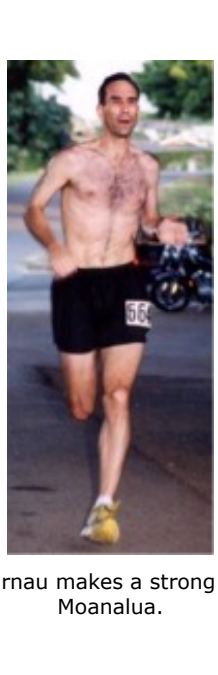
Bill came to Honolulu to begin a second career and become an assistant to a vice president with Hawaiian Electric. He was assigned to work on transmission equipment. Starting in 1980, he was a lecturer in management at the University of Hawaii college of business administration. Bill worked at HECO as an engineer until his retirement in 1993 and continued teaching at UH until 1998.

Bill is a man of many careers and a lot of running. He seems to smile a lot, especially when he nears the finish line on Kalakaua Avenue.

Photos By Tesh Teshima


Gary Brimmer, second from right, and Tomoko Magruder, second from left, won the male and female titles in the Gil Bosetti 10K in January, as Clint Sheeley, left, and Connie Comiso, right, each finished second in their respective divisions.

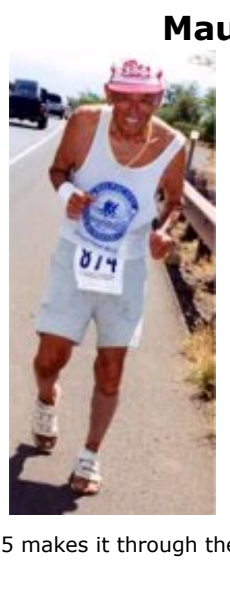

Goria Brookes urges runners to join in January's Shield of Faith Run in Waianae. Bill Beauchamp, left, and several other MPRRC members took part in the 9.2-mile run to benefit the church's programs.

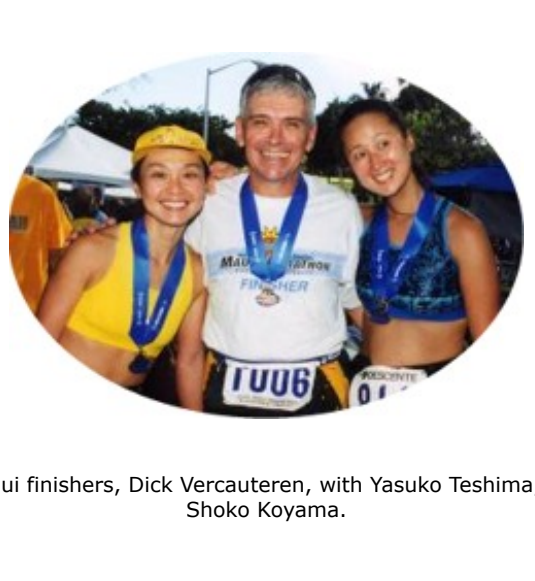

Joe Laturnau makes a strong finish at Moanalua.

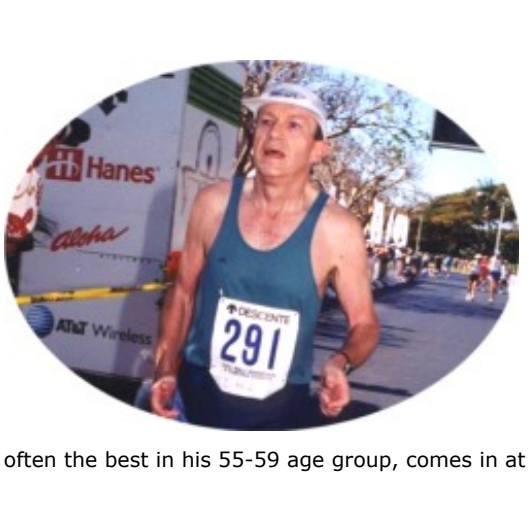

Joy Schoenecker displays a 1st place ribbon for her 60-64 age category in the Moanalua Hills 4-mile run.

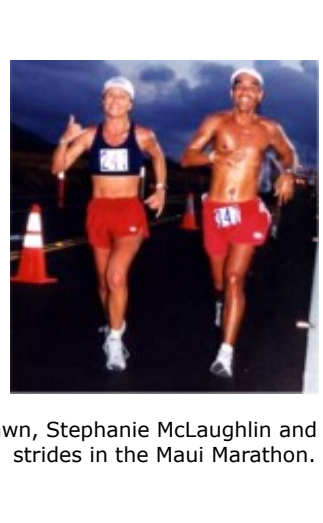

Mark Correia, 40-44, glides along in Bob & Ron's 5K.

Maui Marathon and Year 2001 Action


Bob Terukina at 85 makes it through the Maui Marathon.


Happy Maui finishers, Dick Vercauteren, with Yasuko Teshima, left, and Shoko Koyama.


Ken Best, often the best in his 55-59 age group, comes in at 4:05:42.

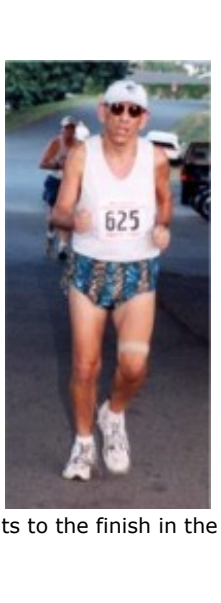

Glistening in the dawn, Stephanie McLaughlin and Ed Tengunan match strides in the Maui Marathon.


Connie Comiso, followed by Raymond Woo, finishes the Maui Marathon in 3:31.


Ted Ropp, frequent MPRRC participant, enjoying the pace on Maui.


Andy Harris won February's Bike Path 10K in 35:41.


MPRRC treasurer Helen Chisum, trailed by Ernestime Murata, heads for the Pearl Harbor Bike Path 10K finish.


Steven Davidson sprints to the finish in the Moanalua 4-mile run.


Action in Waianae: Gordon Dugan, left, former MPRRC president, takes a handoff from Naoto Inada on one of the leeward legs of the Oahu Perimeter Relay.


Kim Jacobsen takes a handoff from Gordon Dugan on the Makakilo off-ramp. Both were members of the "Geezers" team, organized by George Murray, that did the round-Oahu weekend run in a bit over 27 hours.