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series coordinator BRIAN CLARKE.....737-4340
USA Track & Field
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Hawaii RRCA
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After a Busy Year, Even More Club Events are Planned for 2002

By Bill Beauchamp
MPRRRC President

Much has happened to the world in the past year, but the Mid-Pacific Road Runners Club has focused on continuing to serve Hawaii's runners and walkers with events and other incentives to pursue good health and exercise.

After a quiet spring-summer running season with successful runs in Lanikai and Kailua Beach, our pre-marathon series got off to a great start at Hickam AFB on Aug. 19. The turnout that day for our 15K was 589, a club record and a most encouraging development.

Two helpful outcomes of this spring's "Revitalization" meetings were the addition of Clint Sheeley to the race operations group and Misti Kehoe's taking over the membership table, initially at the Barber's Point 20K last Sept. 9. Misti provided club shirts for sale and membership applications at our race venues.

The 20K at Barber's Point/Kalaeloa was also a success, with improvements noted in the post-race beverage supply. World events, which placed Schofield understandably off-limits in late September, led us back to Barber's for the 25K. The turnout at Barber's/Kalaeloa was good despite the site change and same-day competition with a popular running event elsewhere.

The club went ahead with its Old Pali Road 4.4-mile hill run on Sept. 16. We announced a \$500 donation to the Red Cross to help with the recov-

ery effort from the attacks five days earlier. Bill Cunningham, race director and clergyman, led the group in prayer before the start. A big thanks also to Beth Blackburn for directing the Tantalus 10-miler in mid-October.

The 30K race (with long-sleeved shirts again) from Kapiolani Park to Hawaii Kai and back drew nearly 1,000, and November's Val Nolasco Half-Marathon exceeded the 1,000 mark, even with a late change in running dates to accommodate the City's mid-month brunch on the beach in Waikiki.

The 2002 season launched with a "Sprint Series" of four shorter races, ably directed by Clint Sheeley with help from other younger club members. The series was a suggestion of the revitalization committee, an experiment that may be repeated next year.

At the club's January meeting, members agreed to co-sponsor the USO's annual 10K/5K event, held on a different Oahu military base each year. Special thanks to Dick Vercauteren for presenting this opportunity.

Michael Whelan again directed the club's Oahu Perimeter Relay Race with enthusiastic participation by more than 130 teams in the 31st running of the popular event. Members may have seen The Advertiser's March 8 article.

Club members celebrated a successful marathon season with a December holiday party at Dave and Buster's, and we look forward to a



Bill Beauchamp, MPRRC president.

2002 that will provide even more road running activity than the busy year just finished.



TABLE OF CONTENTS

President's Forum	2
Photo highlights of 2001 events.....	3-5, 11-14
Photo highlights of 2002	6, 9
Ben Cavazos	7
Revitalization focuses on club future	8
David Rarangel.....	10
Family runners.....	15
2002 Schedule of Races	15
Roster of 2002 Club Officers	16

ON THE COVER:

Pictured clockwise from left: Farley Simon and Sayuri Kusutani, winners of the Hawaiian Half-Marathon; Ben Cavazos on the Tantalus Trail; Christal Cuadra, Connie Comiso and Lorita Leonhardt top three female finishers in the Old Pali Road Run; David Rarangel, finishing the Tantalus 10-miler.



President Beauchamp and race director Bill Cunningham, at left, speak to runners at start of Old Pali Road 4.4-mile run last Sept. 16.

Family Running



Runners Trevor Page and Jean Gridley with their passengers at the Old Pali Road 4.4-mile run.



Lou and Asti Tomsic, fast runners who've worked to upgrade MPRRC's internet capabilities.



Mary and Mac Kempshall, regulars on the racing scene.



John and Ellen Humphrey, veterans of running's senior circle.

Year 2002 MPRRC Racing Schedule

Please call 295-MPRR to verify dates, times and sites.

EVENT	SITE
NORMAN K. TAMANAHA 15K	Kapiolani Park Sunday, April 14, 2002
BOSETTI 10K	Hawaii Kai Sunday, April 21, 2002 Near Sandy Beach
PEARL HARBOR BIKE PATH 10K	Lehua Elementary School Sunday, May 12, 2002 Pearl City
CENTRAL OAHU 10-MILER	Schofield Barracks Sunday, May 26, 2002 Stoneman Field
LANIKAI BIKE PATH 8K	Lanikai Beach Sunday, July 21, 2002
KAILUA BEACH RUN	Lanikai/Kailua Beach Sunday, July 28, 2002
AIRPORT 15K	Hickam AFB Sunday, Aug. 18, 2002 Seabreeze Restaurant <i>Marathon Readiness Series</i>
KAPOLEI 20K	Kalaeloa (Barber's Point) Sunday, Sept. 8, 2002 White Plains Beach <i>Marathon Readiness Series</i>
OLD PALI ROAD 4.4-MILE RUN	Int. of H-3 and Sunday, Sept. 15, 2002 Kamehameha Hwy.
CENTRAL OAHU 25K	Schofield Barracks Sunday, Sept. 29, 2002 Stoneman Field <i>Marathon Readiness Series</i>
TANTALUS 10-MILER	Makiki Street Park Sunday, Oct. 13, 2002
MPRRC 30K RUN	Kapiolani Park Sunday, Oct. 20, 2002 <i>Marathon Readiness Series</i>
VAL NOLASCO MEMORIAL HALF-MARATHON	Kapiolani Park Sunday, Nov. 10, 2002 <i>Marathon Readiness Series</i>
SILVIA MARTZ MEMORIAL 5K	Kapiolani Park Sunday, Dec. 1, 2002
LAST RUN OF THE YEAR	Blaisdell Park Sunday, Dec. 29, 2002 Pearl City



Andy Harris wins the Sam's 5K run last December.



Marie Boles, longtime runner and MPRRC volunteer.

More Highlights of the 2001 Running Scene



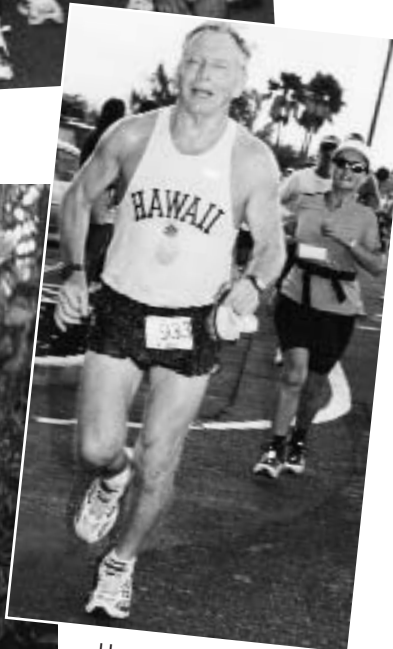
Elite runners jockey to start the Hickam 15K.



Matt Stevens, right, winner of several 2001 races, and Clint Sheeley, speedy runner and organizer of this year's popular Sprint Series of four events.



Hiroshi Sakae comes out of the woods in the Tantalus Trail Run.



Harry Siegmund, strong runner in the age 65-69 age bracket, finishes the Hickam 15K.



Robert Yee makes a strong finish in the 30K.



Hawaiian Half-Marathon's top three, winner Farley Simon, right; Brian Salter, center, and Kevin Rathbun.

Highlights of the 2001 Running Scene



Sayuri Kusutani tops female finishers in the Hawaiian Half-marathon.

Honolulu Marathon, Christian Friis finishing at 2:49.25.

Joan Ushijima nearing the 30K finish.



Lien Lindberg finishes October's 30K run.



Mary Sele, right, overall female winner of the Hickam AFB 15K run in August, with Angie Song Rooney, who in December topped female finishers in Sam's 5K.



Sunny Weiss emerges from the woods in the Tantalus Trail Run.

More Highlights of the 2001 Running Scene



Cinco de Mayo top finishers from right, Christian Friis, Jonathan Lyau and Siul Michel.



Yang Sun Carpenter, 3rd in the Hickam 15K, came in first among female runners in November's Val Nolasco Half-Marathon.



Michelle-Yen Le strides to the finish at the Tantalus Half-Marathon.



Cheryl Smith, in a December run here, repeated her winning performance in this year's Straub 10K Women's Race.



Runners thunder through an underpass after the start of the Hickam 15K in August.



Bobbi Stapenhorst, first in her 55-59 age group in the 30K.



Heather Jablonsky, left, and Cassandra Ley finishing the Race Against Violence in Manoa.



Naomi Sakai smiles during the Tantalus Trail Run.



Running legend Farley Simon wins the Hawaiian Half-Marathon.



Dennis Uyehara continues his streamlined form in the Tantalus 10-miler.



P.J. Salmonson on the trail in Tantalus.



Craig Knohl finishes 2nd in the Tantalus 10-miler.



Hawaiian Half-Marathon top female finishers Sayuri Kasutani, right, 1st; Yuko Arimori, center, 2nd and Lisa Blomme, 3rd.

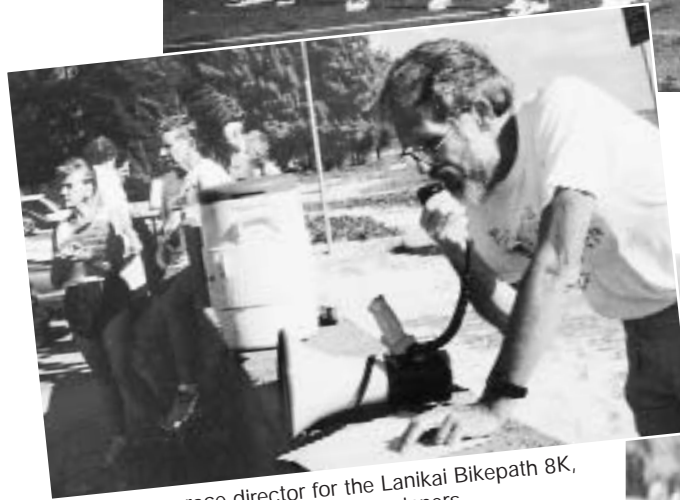


Bonnie Kolsum, still going strong in her 80s.

More Highlights of the 2001 Running Scene



Runners with ankle-strap chips in place are ready to go at 5:30 a.m. for the 30K run.



J.B. Nation, race director for the Lanikai Bikepath 8K, announces names of winners.



Suzie Martinson smiles at the finish of last October's 30K run.



Helen Chisum, MPRRC treasurer, heads for the finish.



Lou Tomic, winner of the Kole Kole Pass Half-Marathon.



Coswin Saito in the Tantalus 10-miler.



Tesh Teshima flashes a shaka in this John Simonds photo at the Hickam 15K.



Dennis Tanigawa finishes the Tantalus 10-miler.



Jeanne McCadney at the Hickam 15K.



Beth Blackburn ran and also directed the Tantalus 10-mile race.



Sarah Rogers breezes to the finish at the Hickam 15K.



Masako Sagawa displays her medal at the Kole Kole Pass Half-Marathon in August.

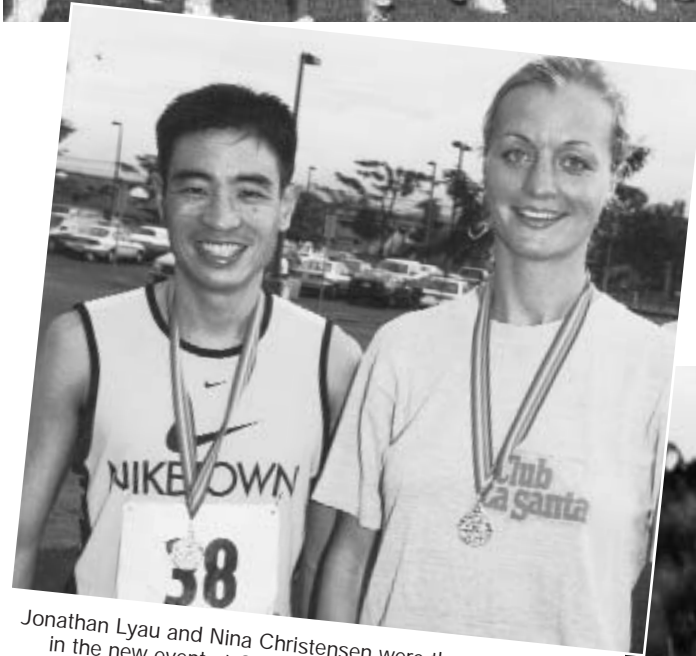


Susan Block at the December Diamond Head Duet run.

Early 2002 Highlights



This year's Central Oahu 3-miler gets off to a fast start on Jan. 27 in Waipio.



Jonathan Lyau and Nina Christensen were the winners in the new event at Central Oahu Regional Park.

Michael Georgi finished 9th and topped his 45-49 age group.



Chris Larsen finishes 3rd overall.



Nina Christensen finished 7th overall and won the female division.



Jeannie Wokasch races toward a 2nd-place finish among female runners.

(Continued on page 9)

More Highlights of the 2001 Running Scene



Great bodies, great outfits! Dressed for a photo finish at the Kole Kole Pass Half-Marathon in August.



Barbara Zamparelli completes the Kole Kole Half-Marathon.



Michael Le looks cool and relaxed near the Tantalus 10-mile finish.



Ryoko Takahashi goes all out for the Hawaiian Half-Marathon.



Jeff Fong finishes strong at the Tantalus 10-miler.



Doug Tonokawa receives an age-group ribbon from Geoff Howard at Lanikai Bikepath 8K awards in July.

David "Raring to Go" Rarangol Likes to Run Every Day

By Lyle Nelson

Two things set David Rarangol apart from most veterans of road running: He runs seven days a week, usually, though others may equal that.

But how about this one? David was born aboard a ship on the high seas. Few people anywhere can match that!

The veteran road runner is now competing in the 75-79 age group. David, 78, when not hampered by a recent ankle injury, starts his daily roadwork sometime after 3:30 a.m. and is ready to go to work by 6 a.m.

"I take a drink of water, run about six miles, then have breakfast with my wife," usually a banana and coffee, "and I'm ready for work," he said.

Rarangol is a custodian at Waipahu High and runs in that neighborhood. "I'll do a faster pace on Monday, then slow on Tuesday, fast again on Wednesday," he said.

On the weekend he'll make longer runs.

"I started road running in 1978," he said. Then in his 50s, he turned in a creditable 4:20 that first year in the Honolulu Marathon.

"I think exercise is important and always feel I need to do more. Now I can't part with the routine," he said.

"When I'm in a race, I just keep thinking, 'Go, go, keep up a steady pace,'" he said.

Rarangol was inspired to road racing by his Army career.

"We had exercise sessions each day for PE but the Army's morning two-mile run was not enough for me," he recalled.

David Rarangol's life story begins aboard the President Cleveland, a passenger ship going from the Far East to Honolulu.

At the time, his parents were



David Rarangol finishes last year's Hickam 15K run.

was career-bound and had a chance to travel. He went to Japan for six years, came back to Hawaii, then went to Korea again.

In 1958, he met his wife-to-be, also a native of the Philippines. They were introduced through friends who thought they would make a good pair. In 1961, the Army sent them to Fort Belvoir, Va., then to Orleans, France, for two years.

After a stint in California, Rarangol found himself at Nha Trang on the Vietnam coast. He returned to Schofield and retired in 1975 as an E-7. Then, from 1977-86, David drove trucks at the Pearl Harbor shipyard. He landed a custodian's job at Aloha stadium that led to his job for the past 10 years at Waipahu High.

It was during his time at the shipyard that he started his road running, and he's been at it ever since.

moving from northern Luzon to a sugar plantation on the Big Island.

That's where David grew up. In 1932 the family returned to the Philippines. His running experience, he said, was limited to running a relay while in the sixth grade.

Caught by events leading to World War II in the Far East in 1941, Rarangol said survival from that point on "was difficult." He didn't get back to Hawaii until 1951. "I was drafted then and sent to the Korean War as a rifleman," he said.

Before leaving for combat, he received his basic training at Schofield Barracks, when, for a short time, recruits from around the country were sent there. "I was in the last group to get basic at Schofield," he recalled.

When he returned later to Schofield, Rarangol had enough of infantry life, changed his military occupation specialty (MOS) and landed work in an office. By then he



Lyle Nelson, right, and Michael Houston, in last June's Hawaiian Half-Marathon.

Tough Soldier Ben Cavazos Triumphs over Shattered Knees to Keep on Running

By Kit Smith



Ben Cavazos, running in the Tantalus 10-miler, has overcome serious injuries.

Imagine this: You're out for a cross-training ride on your mountain bike and take a bad spill. Your kneecap is shattered! The doctors promise you nothing. Grim! Essentially, you have to learn to walk again.

But you do recover. In fact, in July of the next year, 1999, you do the rugged (but beautiful!) Volcano Marathon on the Big Island. Your time: 3 hours, 54 minutes, best in the military division.

Then, in 2000, playing soccer with your men — you're an Army sergeant major — one of the guys slams his foot into your knee instead of the ball. The same knee! Again, the kneecap breaks. Again, surgery — this time with bone grafted from your hip and screws installed.

You hang 'em up, right? Enough is enough!

Not if you are Ruben "Ben" Cavazos, 41 years old, a 22-year Army veteran now stationed at Fort Shafter. This is his story.

Three months later, bouncing back again, Ben ran the Mid-Pacific Road Runners, 15K at Hickam, in 1:02. This qualified him to join four other Army masters runners from Hawaii for the annual Armywide 10-miler in Washington, D.C.

Then, last December, he did another Honolulu Marathon, in 3:11. To underscore his comeback, in January he did a 100-kilometer run (62 miles) on Tantalus trails (sponsor: Hawaii Ultra Running Team, or HURT). Time: 19:54.

You get the picture: Ben not only

rates as a fine runner but as tough and dedicated as they come.

A native of Linares in northeast Mexico, he moved to the United States in 1979 to join the U.S. Army, barely able to speak English. At basic training at Fort Jackson, S.C., he got special permission to read with a flashlight under his blanket to help build English skills.

His first assignment was to Germany. During 19 months there, he was inspired to join the Army's airborne forces. He went to jump school at Fort Benning, Ga., and then, for 14 years, served at Fort Bragg, N.C., home of the famed 82nd Airborne Division ("America's Guard of Honor"). Since then, he has done about 160 jumps, the most recent in 1998.

Ben got into running at Fort Bragg, finding that the soccer skills he learned in Germany had little use back in America.

"It took three years for me to call myself a runner," he says. His first 10K had taken him 56 minutes or so, putting him well back in the pack.

Then he got a coach — a mixed blessing, it seemed at the time. Ben remembers his name well: Richard Mata, an Army engineer, an enlisted soldier. Training sessions often were punishing. "Sometimes it seemed liked he was trying to kill me," Ben says.

But the hard work paid off. Running his first marathon in 1984 — the All American at Fort Bragg — he did a remarkable 2:38, earning him second place. In first place: Richard Mata.

Ben became a member of the Fort Bragg Express, a crack five-member team that competed in numerous Army events "and always did well." His 10K times by now had shrunk to "the high 33's or 34's." (In the meantime he has done times as fast as 30:58 and 30:59).

Ben was transferred to Hawaii in 1995, a dream come true. Not only is Hawaii highly desirable duty but "I wanted to be a first sergeant," and he knew he was in line for such an assignment here.

"As a first sergeant you and your commander are responsible for the training, developing, coaching and mentoring of a company of soldiers.

"It's the best job in the Army

because you mold these soldiers to fight and defend our country and, hopefully, bring them home safely."

Ben has been married since 1999 to Beverly ("Bev") Hudgins, a regional director for Saks Fifth Avenue responsible for 13 western stores, including one at Waikale on Oahu. Bev, too, is a runner. And soon after they met they did a race together — the "Triple Trek" on Tantalus trails. Bev opted to do one loop — 10 miles. Ben, of course, picked the three-loop, 30-mile option. "I wanted to impress her," he admits. He finished second, "and of course she was impressed."

Today, Bev and Ben have a brand-new son, Peter, born last Sept. 5. They count the baby as a special blessing; it's Bev's first child, and she is a whisker older than Ben. By a previous marriage, Ben has a daughter, Lia, 17, a senior at Mililani High School, and son "BJ" (for Ben Junior), 11, in the 6th grade at Enchanted Lake Elementary School. Lia and BJ live with Ben, Bev and Peter in their Enchanted Lake home. (Ben is the oldest of three brothers, two sisters and three half-brothers. His father died when he was 6. Peter is his mom's 21st grandchild.)

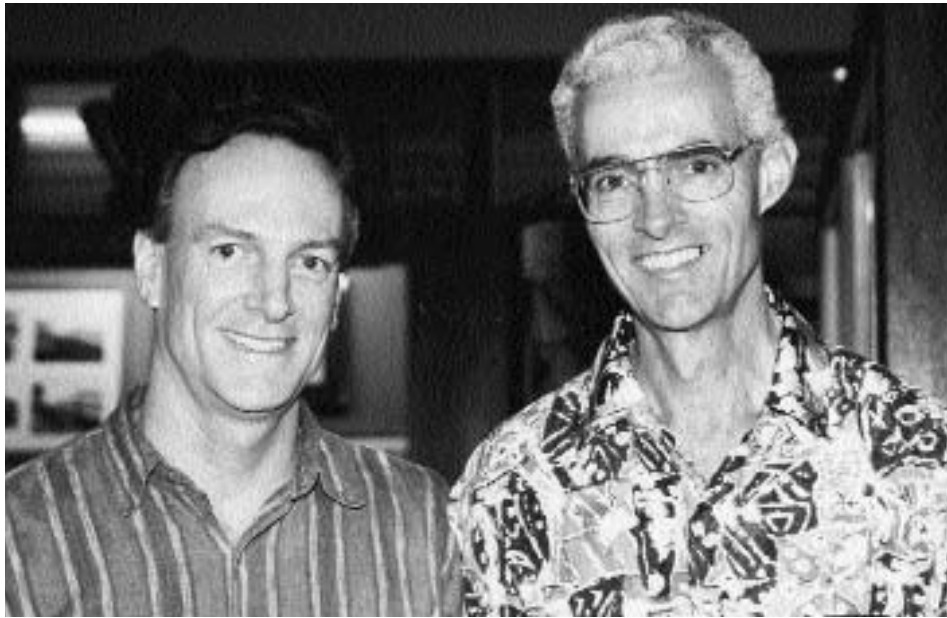
Like others in the military, Ben faces a cloud of uncertainty stemming from the war on terrorism. But he reacts the same way as when friends warn that his ultra-distance running "may give you a heart attack."

Says Ben: "If I die running, jumping out of a plane or fighting for my country, I will die happy."



Kit Smith, best of age 65-69 runners, finishes this year's Bob & Ron 5K.

Revitalization Challenge Helps Focus MPRRC Leaders, Members on Club's Future



Revitalization leaders Brian Clarke, right, and Michael Whelan. Whelan also directed the 2001 and 2002 Oahu Perimeter Relays.

By Brian Clarke

Club revitalization began with a concern: only a small group of people were doing most of the work in the Mid-Pacific Road Runners Club. Michael Whelan and I felt we could contribute more to make Mid-Pac the best running club in Hawaii.

So we challenged one another in 2001 to revitalize club operations.

Revitalization is about new life: new people involved in new projects, new members enjoying new benefits, and new athletes participating in exciting new races.

We began with two revitalization meetings in April and June, attracting 60 Mid-Pac members. Among other things, they recommended two new racing series, more effective promotion of our races, a program to recruit, educate and show appreciation for our volunteers, and an ongoing drive to attract new members to the club.

The current club administration under the leadership of Bill Beauchamp has been very supportive of the revitalization process. The club underwrote the cost of a dinner

meeting so we could report our progress to members who had not yet participated in the revitalization process. And at the MPRRC executive committee meeting in July officers committed the club to the new Sprint Series of four races this past January and February.

The Sprint Series focused interest among runners and walkers in conditioning, competition and participation early in the year. Under the energetic direction of Clint Sheeley, the series attracted leadership and support from younger members of MPRRC and the larger running community.

The Sprint Series is one of two new series to be launched in 2002. We also plan to establish a new championship series to determine age group and overall winners in our club.

It takes work to organize these new series and to continue the club's other events as well. This is where a revitalized volunteer program comes in. Michael Whelan and Joan Davis, the current volunteer coordinator, believe that our members will volunteer if they feel their contributions are appreciated.

Thus, our new volunteer appreciation program will make people feel good about themselves. In the months ahead, look for more appreciation dinners, new and valuable awards for volunteers, and other new incentives for volunteer activity.

Once people realize they can learn, grow and have fun in this revitalized club, others will want to join. We aim to attract many new members with our most enthusiastic and inspirational players. Our dream is to make Mid-Pac the one club in Hawaii to which everyone belongs, because we have great races for them to enjoy and fun social opportunities to complement their own club activities.

Our ultimate challenge is to make our races so popular that we prosper as a racing club. Achieving that level of popularity will mean a revitalization program that takes excellent care of our members, our volunteers and our racing customers. Are you up to the revitalization challenge?



Phil Damon doing the annual Kilauea Volcano Wilderness Marathon on the Big Island.

More Early 2002 Highlights



Sisters Cindy Pascua, left, and Joy Sarin enjoy a break in the Oahu Perimeter Relays



Joy Sarin of Team 24 completes an early afternoon Oahu Perimeter Relay leg in Waipahu on Feb. 24.



Dolly Patel finishes the Jan. 13 Bob & Ron 5K.



Jack Karbens heads to the Bob & Ron 5K finish.



Dick Vercauteren sprints to the finish at the Downtown 2-miler on Jan. 6.

Virginia Shepherd approaches the Bob & Ron 5K finish line.



Joy Schoenecker winds up her 5K run.