

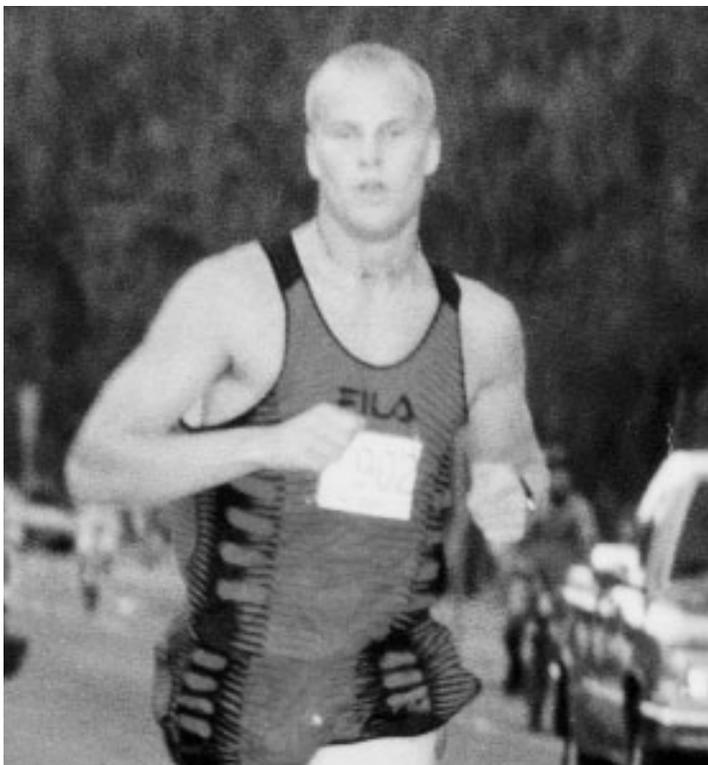
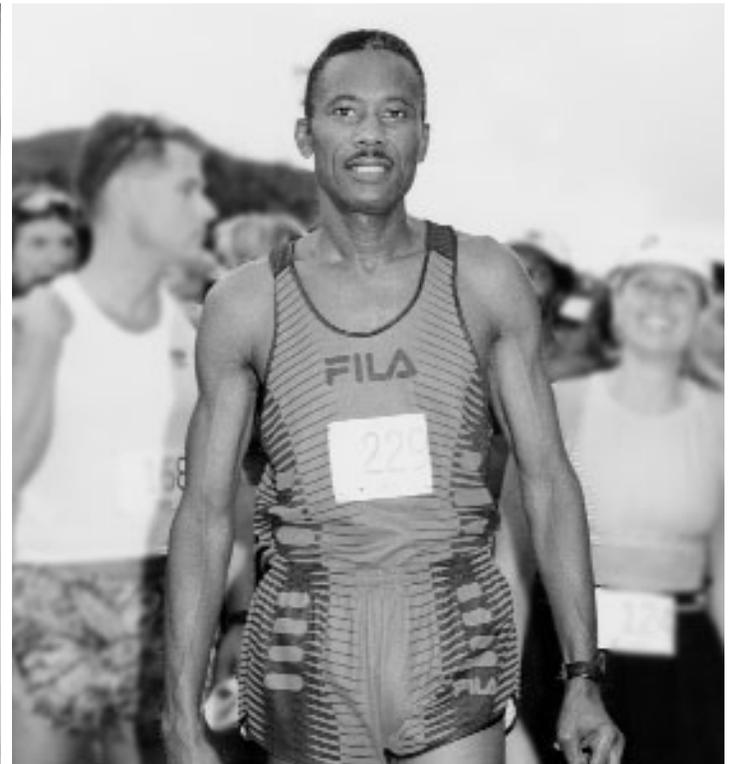


# The Mid-Pacific Road Runner



40th ANNIVERSARY EDITION

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# Club Members Pursue Spring, Summer Success, Gearing up now for Marathon Season

By Bill Beauchamp  
MPRRC President

It's a pleasure to report that our year so far has been going great. Our spring meeting at the Hale Koa was a resounding success with an inspiring talk by member Ed Cadman, dean of the UH Medical School. We had more than 100 members and guests in attendance.

Our running program is going great guns with strong participation in our signature Oahu Perimeter, Johnny Faerber and Norman Tamanaha runs. The new sprint series earlier in the year was very well received, and Clint Iizuka-Sheeley, who directed the series, promises even better next year.

The smaller club races have gone well with a particularly good turnout at the Lanikai Bike Path 8K in July. The club also worked with the USO in co-sponsoring that organization's annual 5K and 10K benefit races, held Aug. 11 at Barber's Point/Kalaeloa.

We kicked off the Marathon Readiness Series on Aug. 18 with a relocated 15K run at Kapiolani Park.



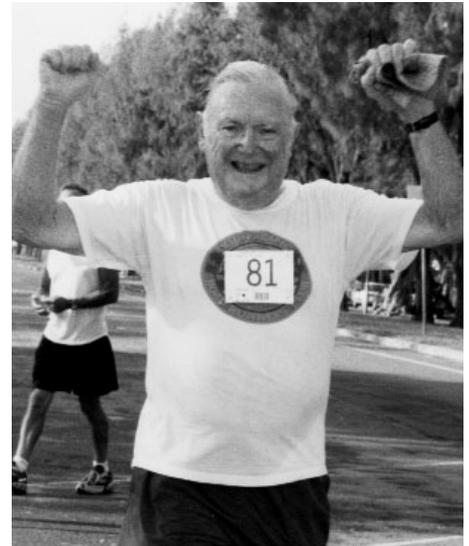
This year's run was dedicated to Jack Wyatt, running and water sports writer for the Star-Bulletin, tragically killed in mid-June. Tightened security at Hickam Air Force Base caused the relocation of the event, and we are considering a new site for the race next year.

With 500-plus entries for the first race in the readiness series, the popularity of the series seems to be continuing into the fifth year. We judge from an early count of series applications that we'll have a number of participants comparable to last year.

This year is our 40th anniversary as a club. We're 11 years older than the Honolulu Marathon, so it looks like we're here to stay!

Our dynamic social committee organized an Aug. 25 hike and picnic at Kualoa Ranch, an innovative venue for our full membership meeting.

Jack Scaff has invited us to join the Marathon Training Group's Turkey Trot on Thanksgiving Day and to consider making it part of our Readiness Series. That certainly seems like a great idea.



Bill Beauchamp, club president, gestures exuberance at the finish of the Norman Tamanaha 15K in April.

The social committee also has set up a December holiday party at the Pacific Club, which should be a winner. This will be a couple of days after the Honolulu Marathon, so we should all be able to navigate our way there for the seasonal festivities.

See you on the road!

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## ON THE COVER

Pictured clockwise from left: 40th anniversary logo on MPRRC T-shirts; Farley Simon; Mollie Chang; and Kevin Rathbun, winner of the 15K run in honor of Jack Wyatt. Photos by Tesh Teshima.



Jonnel Wyatt, a daughter of the late Jack Wyatt, expresses thanks to participants at the awards ceremony for the 15K Run in his honor Aug. 18 at Kapiolani Park.

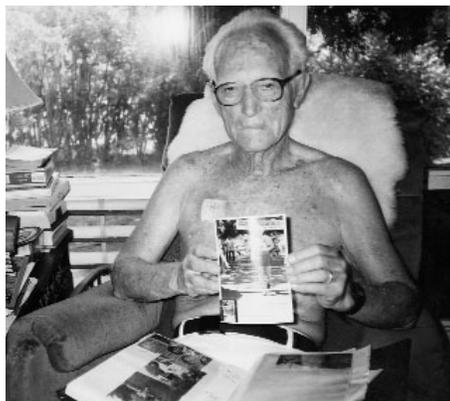


# MPRRC Celebrates 40 Years with Highlights from its Long-running Memory Banks

The year was 1962. President Kennedy and Governor Bill Quinn led the nation and its newest state. John Glenn orbited the Earth. Cuba and Mississippi were front page news. The Yankees and Giants were on their way to the World Series. Movie audiences watched "Tom Jones" and "Lawrence of Arabia." TV fans focused on "Wagon Train" and "Beverly Hillbillies." Pop music stations played "Moon River" and Tony Bennett's new song, "I Left My Heart in San Francisco." And a group of runners in Hawai'i formed the Mid-Pacific Road Runners Club.

Old-timers and former runners who were part of those days before jogging became trendy recall the early running events—some odd distances around Kapiolani Park, runs along Kailua Beach, through Kawainui Swamp (before the level walkway it has now), from the Nuuanu YMCA up over the Pali and down to the Kailua Y, off-road courses on the Neighbor Islands. Some routes are still in use, others abandoned with changing times.

When the club turned 25 in 1987, Scott Hamilton, runner, MPRRC and community leader who came to Hawaii in 1965, wrote a summary of club highlights, excerpted below. The club also thanks early members Happy Chapman, Hugh Ames and Dr. Raymond deHay for their reminiscences, photos and contributions to the running tradition MPRRC



Dr. Raymond deHay, 82, an early member of MPRRC, holds a picture of himself in a 1970s running event. DeHay, now retired, was active in the club as a volunteer physician and a runner.

**Club Selling Birthday Shirts**  
To commemorate its founding 40 years ago, the MPRRC has designed a special anniversary T-shirt that is selling for only \$5. The shirt, which features a birthday cake motif, floral wreaths and running footprints, is the creation of Michael Whelan and Geoff Howard. It has proven to be a popular shirt, but a few dozen remain in extra large, large and medium sizes only. Purchase them at MPRRC events or by calling 295-6777 to place an order.

members enjoy today.

The founders, early leaders and star participants include Jack Scaff, Jack Wagner, Johnny Faerber, Jim and Leah Ferris, Ky Cole, Harold Kuha, Duncan Macdonald, Harold Chapson, Ken Wheeler, Tom Ferguson, Gordan Dugan and many others whose inventiveness and enthusiasm started and sustained the running club.

Since passing the 25-year mark, the club has benefited from the presidential leadership of Bob Doleman, Duke Frey, Ruth Heidrich, Chris Crawford, Geoff Howard, Ron Pate and Bill Beauchamp with exceptional volunteer leadership that includes—but is not limited to—Joan Davis, Bart Mathias, Brian Clarke, Helen Chisum and Sandra Burgess.

*Scott Hamilton has been a leader in MPRRC and other running organizations. Until an injury in the late 1990s sidelined him, he was an outstanding runner. His history of the club and running in Hawaii, written 15 years ago, has been excerpted and edited for space here to provide highlights of past decades—John Simonds.*

By Scott D. Hamilton, Jr.

The Mid-Pacific Road Runners Club, founded in 1962, is the oldest road runners club west of the Mississippi.

In 1962, Harold (Ky) Cole, inspired by efforts to form a Road Runner's Club in Illinois, together with Harold Kuha and later joined by Jim Ferris, Horace Itoku, Peter McDonald, and Johnny Faerber, formed a small nucleus for the purpose of holding road running competition primarily based at Kapiolani Park.

Club co-founder Harold Kuha won his third straight marathon title in the 1966 Honolulu Marathon, which then consisted of five laps of Waikiki. Teenage stars at that time included Duncan Macdonald, who became a member of the 1976 Olympic team and the American record holder for the 5,000 meters. A typical race at that time had eight to 12 entries with 16 being a large field. In the event of rain the race was postponed.



Happy Chapman, one of the club's early members is a retired prep track and cross-country coach who still enjoys jogging.

In 1967, several changes took place. The annual marathon in Honolulu was dropped in favor of a marathon organized on Maui in honor of Norman K. Tamanaha. The marathon in Honolulu was not resumed until Jim Ferris and others organized the "Rim of the Pacific Marathon" in 1973 with the backing of Honolulu Mayor Frank Fasi, who indicated it could become the "Boston Marathon of the Pacific." It is this marathon that has evolved into the Honolulu Marathon we know today.

## Fast Growth Phase

A period of rapid growth occurred

(Continued on Page 10)



# Hawaii Runners Clock Good Times and Team Scores in Boston Marathon

By Kit Smith

A group of Hawaii's fleetest did us proud in Boston last April. Among 65 "men's open" teams that competed in the 106th Boston Marathon, Mid-Pacific Road Runners placed 7th.

Among the women, MPRRC came in 16th among 41 teams.

The top three teams in the men's competition all came from Massachusetts. No. 1 was a team from the Boston Athletic Association, the outfit that hosts the event.

Just ahead of MPRRC were teams from Pennsylvania, Georgia (Atlanta) and Maryland.

For each team entered, only the three fastest times counted.

As with the men, the winning team came from the Boston Athletic Association. All three of the BAA women's top finishers posted sub-3 hour times.



Pictured here in another event, Jonathan Lyau was Hawaii's lead finisher at Boston.

## MPRRC MEN

The top three finishers — among five team members — were:

- Jonathan Lyau .....2:36:22
- John Smith.....2:38:48
- Christian Friis .....2:42:06

## MPRRC WOMEN

The top three finishers -- and the team's only three members -- were:

- Mina Casey-Pang.....3:15:45
- Tomoko Iizuka-Sheeley .....3:21:42
- Kelli Lyau.....3:48:15



Here are runners from Hawaii who took part in the 2002 Boston Marathon.



# Senior Runner Proud to be Counted as Member of Hawaii Running Team

By Kit Smith

Would you believe that this writer, 67 years old, was part of the MPRRC team that finished 7th at the famous Boston Marathon? It's true! Alas, I did nothing— besides rooting — to contribute to that superb showing. But then— thank goodness — neither did I pull the team down.

Obviously I was proud to be included on MPRRC's five-member team, in this my second Boston marathon. But my time would have counted only if two of my four MUCH faster teammates had failed to finish. (The fourth member was Clint Iizuka-Sheeley.)

But, hey, this senior runner can bask in being the equivalent of honorary batboy, right?

What if disaster had struck, and my time -- 3:47:08 -- had been used instead of Christian Friis's 2:42:06? MPRRC would have finished 45th instead of 7th. Ouch!

By the way, my "chip" time was 3:39:52. That's the time it took me to do the actual 26.2 miles, from starting line to finish line. But the BAA folks insist on using "gun" time as "official" time -- the basis for ranking individual and team finishes.



Kit Smith, who did a 3:39:52 chip time in the Boston Marathon, has been the top performer in Hawaii's 65-69 age group.

As you can see, it took me 7 minutes and 16 seconds to get to the starting line on narrow Main Street in rural Hopkinton. Runners are placed in corrals -- 1,000 per corral, kind of like cattle -- according to their bib numbers. And those numbers are assigned in order of qualifying times. My number was 11013.

I said I'm 67. Actually that was my age in April. I turned 68 in July. What are my prospects for continuing to compete at Boston? Alone among major marathons, Boston requires a qualifying time each year as a condition for entry.

## New Age-group Qualifying Times

Good news! As of Boston 2003, the standards for qualifying have been eased for age groups starting at 45-49. The boosts run widest in the oldest brackets. For a 65-69 year old male, for example, the qualifying time now is 4 hours and 15 minutes. That's a half-hour slower than the 3:45 I had to beat to enter Boston.

So, if I choose, and the old body holds out, I guess I can continue to run Boston well into the future, taking fresh cracks at the famed Heartbreak Hill at mile 21.

Here's the new table of qualifying times. In this case, interestingly, Boston allows submission of "chip" times. The marathon must be one "certified" by Boston—and the list is long.

Age Group	Men	Women
18-34	3 hrs 10 min	3 hrs 40 min
35-39	3 hrs 15 min	3 hrs 45 min
40-44	3 hrs 20 min	3 hrs 50 min
45-49	3 hrs 30 min	4 hrs 00 min
50-54	3 hrs 35 min	4 hrs 5 min
55-59	3 hrs 45 min	4 hrs 15 min
60-64	4 hrs 00 min	4 hrs 30 min
65-69	4 hrs 15 min	4 hrs 45 min
70-74	4 hrs 30 min	5 hrs 00 min
75-79	4 hrs 45 min	5 hrs 15 min
80 and older	5 hrs 00 min	5 hrs 30 min

Until now, the easiest it got for a man was 3:50 at age 70. For a 70-year-old woman the standard was 4:20. And it never got any easier than that.

For a runner of any age, I urge shooting for Boston. The history, the aura, the crowd support — it's estimated that a million folks line the route— can't be matched.

Every runner will describe it differently, but turning onto Boylston Street for the last 385 yards, and hearing the blast of sound from the cheering multitude, thrills beyond description. Truly, it feels like all of that noise is aimed to lift YOU.

## Hawaii Finishers in 2002 Boston Marathon

Name Time ("chip" time)

- Jonathan Lyau . . . . . 2:36:07
- John Smith . . . . . 2:38:32
- Christian Friis . . . . . 2:41:50
- Clint Iizuka-Sheeley . . . . . 2:45:20
- Blake Glidden . . . . . 2:58:17
- Greg Matson . . . . . 3:06:47
- Doug Caldwell . . . . . 3:06:58
- Mina Casey-Pang . . . . . 3:12:23
- Tomoko Iizuka-Sheeley . . . . . 3:17:31
- Herman Rafol . . . . . 3:18:37
- Teresa Allman . . . . . 3:23:32
- Carlos Fuentes . . . . . 3:30:29
- Kathleen Ross . . . . . 3:31:23
- Mickey Campaniello . . . . . 3:31:52
- Gary Augustin . . . . . 3:31:52
- Lyda Liu . . . . . 3:39:46
- Christopher (Kit) Smith . . . . . 3:39:52
- Kelli Lyau . . . . . 3:42:02
- Joe Sileo . . . . . 3:47:52
- Suzie Martinson . . . . . 3:54:53
- Jeannette Vidgen . . . . . 4:42:49
- Rick Vidgen . . . . . 4:54:43



# Mollie Chang Owes her Running Start to a Pair of Hawaii's Pioneer Mentors



Mollie is a consistent winner of age-group gold medals.

By Lyle Nelson

Mollie Chang, one of the best of the upper 60s age group runners, is a product of two prominent gurus, Dr. Jack Scaff and Johnny Faerber. In that sense, her story is like many others. "I started in 1976 with Dr. Scaff at the Sunday morning marathon clinics," she recalls. "Listened to everything. Then did it."

Fired up, she became one of the founders of Faerber's Flyers, the "Saturday at the Track" group that met at Cook Field on the UH campus to augment what Scaff advised with speed, work, strategy and the finer points that Faerber discussed.

Then, Mollie joined up with MPRRC, and the rest is prologue: she's aiming at her 30th marathon in December.

"I've run all but one since 1976, plus New York, Boston and Chicago. I missed one Honolulu with a hair-line foot fracture," she said.

Back in 1976, Mollie turned in a beginner's 4:23:06. The marathon had

1,455 finishers that year. Sort of a small-time event. Duncan Macdonald, incidentally, led the parade with a 2:20 time. Faerber ran a 2:39 and Scaff 3:26 that day.

Mollie has also done a 10K in Eugene, Oregon, on July 4 as well as masters events such as the Senior Olympics. She has run 400-meter races in the masters format, and the five- and 10-milers at the Volcano on the Big Island.

Was Mollie a high school star? Of course not. "There was no Title IX at Roosevelt" in those days, she laughs. High school girls had a choice of field hockey or cheer-leading in that distant past.

"It's encouraging to have success when you are a senior, coming to terms with aging, all that," she says. She likes working with other seniors, found her work with Faerber's group stimulating, and today does lifting to gain strength.

She likes to eat fruits and vegetables, naturally, but also likes protein, is not finicky about meat, just tries to give junk food and fatty stuff a wide margin.

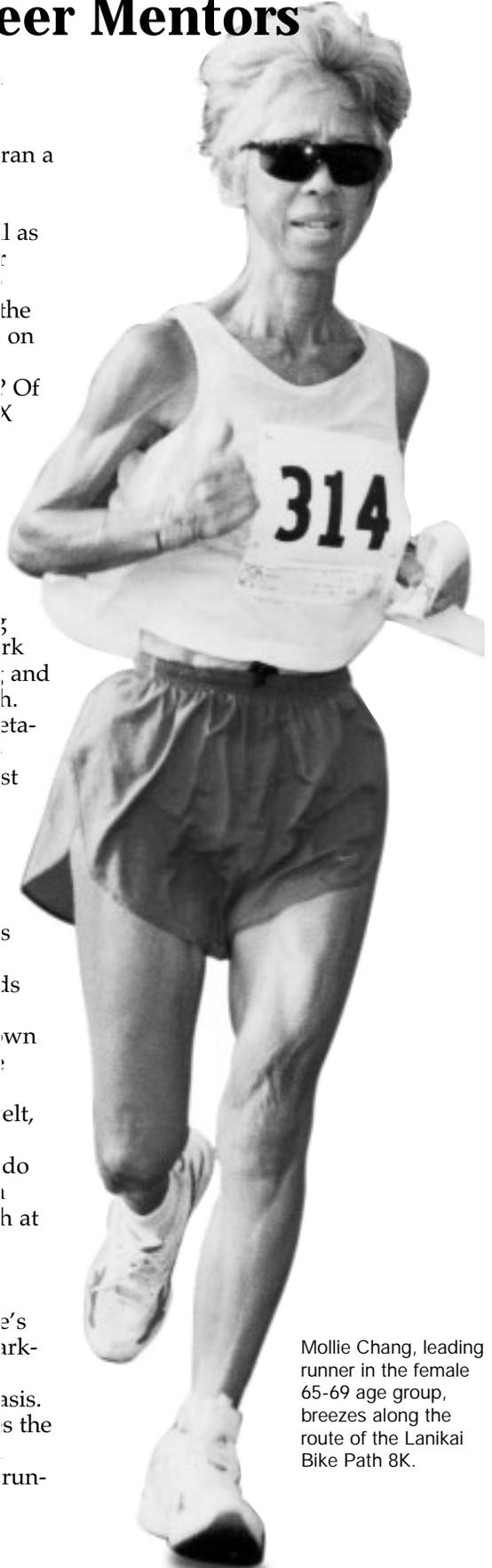
Mollie hit 60 to 70 miles a week in earlier times, but now runs closer to 40, which is still great mileage.

She joins friends for easy training work, up and down Tantalus, not the Tantalus race.

From Roosevelt, Mollie went to Northern Colorado in Greeley, took a masters in Spanish at Middlebury in Vermont. Then she

taught Spanish in the public schools. Now she's retired and turning in remarkable running times, gaining age-group recognition on a regular basis.

She's an MPRRC regular, loves the club and tips her hat to Scaff and Faerber for helping to give her a running start.



Mollie Chang, leading runner in the female 65-69 age group, breezes along the route of the Lanikai Bike Path 8K.



# Farley Simon Builds on Running Success by Learning from Others

By Pat Bigold

When Farley Simon retired from a 22-year career with the U.S. Marine Corps in 2000, he decided to take a few months to live and train with a group of elite Kenyan runners in New Mexico.

Associating for years with top Kenyans at the Honolulu Marathon, where runners from that country have won nine of the past 11 races, Simon said he wanted to "find out what makes them so good."

So he joined two-time Honolulu champion Mbarak Hussein and his training partners for an experience in the Albuquerque altitude that both humbled him and told him a little about his own boundless drive.

Eight-mile runs with the Africans turned into 12- and 18-milers. There were no shortcuts and no goofing off.

He saw that they lived to run, and they loved to train.

"For them that was going to work and they just enjoyed it even though it wore me out," said Simon.

He said the Kenyans were so focused that he couldn't even entice them into town to see a movie.

"Their daily approach is so different," he said, noting that their simple beginnings in Kenya probably shaped their work ethic.

"As Americans we are spoiled and



Farley Simon, winner of the Windward Half-Marathon in May.

lazy," said Simon who immigrated with his mother from Grenada to Brooklyn, N.Y., at age 16. "I wasn't born in America and I didn't see my first TV until I was 16. TV raises our kids today. I walked to school like the Kenyans did, though maybe not as far."

Simon knew he wasn't in the Kenyans' class and he admits he struggled to keep up with them on their runs.

But the 6-foot, 145-pound former gunnery sergeant with the washboard abs and military brush cut who turned 47 on July 13 said he's glad he put himself through the

physical ordeal.

It made him mentally tougher as a competitor.

Only a month and a half after 9-11 Simon found himself the oldest runner in the pack chasing Marine Corps Marathon leader Paul Zimmerman around the stricken Pentagon building.

"Everybody was staring at it and almost automatically they put on the brakes and slowed down," said Simon. The former Marine gunnery sergeant recalled walking through the now-gutted portion of the structure not more than a year before the terrorist attack.

"It affected me as I went by," he said.

Simon then turned it on to take the lead over the Potomac River and win the race for the first time in 18 years in 2:28:28.

Traumatic events in American history seem to propel him in the Marine Corps Marathon.

When Simon won in 1983 with his current personal record of 2:17:46, it was shortly after the U.S. invasion of his native Grenada to free American citizens trapped after a bloody coup.

"Imagine, the first question a reporter asked me after I won was, 'What if you'd been with the Marines in Grenada?'" said Simon, still the

(Continued on Page 11)



Simon stands ready at the center of the front row at the start of the Windward Half-Marathon.



# Highlights of Spring, Summer 2002 Running Events



Start of July's Lanikai Bike Path 8K, won by runner Matt Creason, front right.



Connie Comiso and Michael Georgi in a close finish at the Schofield 10-miler in May.



Wayne Oshiro heads toward the finish in the Race Against Violence in Manoa.



Khan Wali, wheelchair division winner in the Johnny Faerber Men's 10K in March.



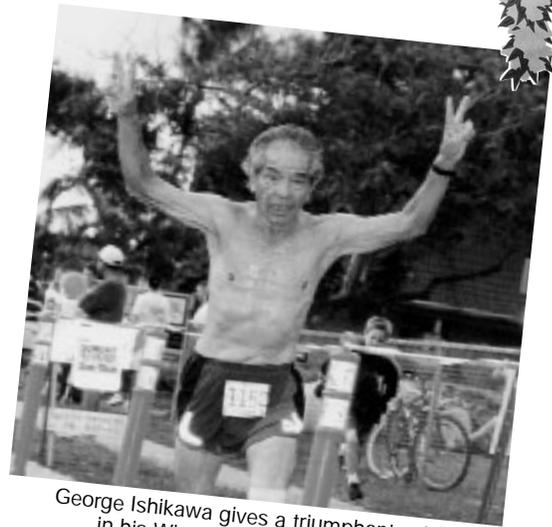
Sunday action at the Oahu Perimeter finish line in February.



Lanikai Bike Path 8K medalists: Matt Creason, second from right, winner; N. Kawasaki, left, overall female winner; Todd Iacovelli and Kate Wiley, second-place finishers.



Denis Tanigawa and Patricia Carroll keeping pace in the Lanikai Bike Path 8K Run.



George Ishikawa gives a triumphant salute in his Windward 5K finish in May.



Caroline Beach-Ojerio finishes the Jack Wyatt 15K in Kapiolani Park.



Fred Stapenhorst at the Schofield 10-miler with Geoff Howard close behind.



Sandra Burgess, shown finishing the Schofield 10-miler, heads MPRRC's social committee which organized the August hike at Kualoa and holiday parties.



Laura Haas wears a Jack Wyatt memorial T-shirt as she finishes the 15K in his honor at Kapiolani Park.



Ed Cadman, right, 55-59 age group winner in the Race Against Violence, spoke on his running experiences at the club's spring dinner at the Hale Koa. From left, Mike Pietruszewski (3rd), Gerry Lindgren (2nd), and Johnny Faerber, pioneer runner, coach and race organizer.



# MPRRC Celebrates 40 Years of Running

(Continued from Page 3)



Former MPRRC presidents Ruth Heidrich, right, and Geoff Howard celebrate Ruth's age-group (65-69) blue ribbon in the July 28 Kailua Beach Run. Both have been leaders in efforts to promote the health benefits of running.

after 1967, as the team of Ed Romary and Sam Bosetti served as secretary and president, respectively, for three consecutive years.

In 1968, a sufficient number of runners had discovered Mount Tantalus, as they had the Aiea Loop Trail, to justify a Mount Tantalus race. Actually, this was not a new race but a resurrection of the race begun in the 1920s by Mrs. E. Fullard-Leo and others. The 1969 winner, running in a clockwise direction, was future Olympian Jeff Galloway.

The year 1968 also brought a challenge for a race around Oahu from a team from the New Zealand ship Blackpool. Five teams of seven runners competed, starting at Nimitz Gate at 3 a.m. in December.

## Relay Ups and Downs

The relay mania spread to a 40-mile South Loop Relay, an 85-mile relay consisting of one-mile legs running around Makapuu Point and up through the Pali, and an 85-mile, 6-runner relay from Keehi Lagoon Park through the Wilson Tunnel and back via Kunia. In the interest of safety, the South Loop Relay was shifted to Kolekole Pass at Schofield in 1973.

The 85-mile North Loop Relay was disbanded after two events because of relative disinterest, a serious accident

involving a runner, and the organization of the Hana Relay on Maui at that time. The 140-mile Oahu Perimeter Relay ebbed to three teams in 1972, then increased in popularity with military participation, reaching nearly 90 teams in 1977. (2002 note: More than 120 teams now compete each February in the Oahu Perimeter Relay.)

In late 1970, Dave Riddle, then a freshman at the University of Hawaii and later the cross-country captain, launched the club newsletter Hang Tuff. It was mailed out to the small membership approximately every month and a half.

Another thrust forward came with a more complete system of age-group divisions to accommodate not only age, but women runners and family-style running.

## The Marathon Era

This was followed in 1973 with the Honolulu Marathon Clinic, organized under Doctors Jack Scaff and John Wagner.

Running interest and publicity increased and running families such as the Arbuckles and the Hunky Bunch evolved.



Ron Pate, past MPRRC president, long-time event director and volunteer organizer, heads the club's review committee, serving with Johnny Faerber, Bob Henninger, Ken Best and Johnny Landezza.

Rapid growth of the Honolulu Marathon brought in world-class athletes such as Jack Foster of New Zealand, Tom Howard of Canada, and Frank Shorter, Jeff Galloway, Jackie Hansen, Kenny Moore, and Duncan Macdonald of the U.S. It generated tremendous interest and public response, building a broad base and fostering several marathon clinics.

The club rewrote its constitution during the presidency of Tom Ferguson (1974-75) and, among the new provisions, a Review Board was established to oversee the growing operations under the club's officers. Course certification was also initiated under Ferguson's presidency.

The first 50-mile run was won by Dr. John Pagliano in 1970. In 1974, the 50 miler was shifted to the safer eight-mile loop course at Schofield Barracks. The mania for long runs continued, with Gordon Dugan winning the National AAU Masters Championship in 1975.

Interest in masters competition (for those 40 and older) continued in 1976 with Jim Galiup winning both the National AAU 15K and marathon championships. Jim, Dave Cadiz, and Johnny Faerber won the team championship. In the 1977 New York City Marathon, Mike Tymn joined Galiup and Faerber to take the team championship.

In another memorable event of 1976, Duncan Macdonald, having

(Continued on Page 12)



Active members of club's 70-plus age divisions: From left, Mac Kempshall (75), Limu Furtado (70), Bill Burgess (73), John Humphrey (74) and Bob Henninger (76) congratulate the MPRCC on turning 40.



# Farley Simon Extends Success by Learning from Others

(Continued from Page 7)



Simon finished third in the Johnny Faerber Men's 10K in March, as Bob Dickie, second from left, won, and Christian Friis was second. Race founder and Hawaii running pioneer Johnny Faerber is at left.

only Marine ever to win the marathon hosted by his service branch.

The 1983 and 2001 wins along with a runner-up finish in 1989 and a 4th place in 1995 account for 80 percent of his marathon experience.

But there are those who believe that if Simon had devoted full time to training he could have been a world class competitor.

He remains one of Hawaii's fiercest road warriors and sometimes outruns men less than half his age.

Simon may not have the speed that set the Val Nolasco Half-marathon course record of 67:12 in 1982, but he still possesses the conditioning and craftiness to be a threat in any close race.

On May 19, he won the Windward Half-marathon with a 3-minute cushion in 1:16:15. Three weeks later he outsprinted 35-year-old Alex Hetherington for second place in the Hawaiian Half-marathon.

At an age when many men look down and can't see their toes, he's a physical marvel. He is still able to do the 80 situps in 2 minutes he was required to do as a Marine recruit in

1979. He faithfully runs 90 to 100 miles a week, prefers chicken and fruit to red meat.

Despite residing with his wife, Mercedes, and 16-year-old daughter, Sheena, right across from the Navy-Marine Golf Course, Simon resists the temptation to withdraw to the links in his military retirement.

This fall Simon plans to further challenge his middle-aged body by entering two prestige events: the Philadelphia half-marathon on Sept. 15 and the LaSalle Bank Chicago Marathon Oct. 13.

With Chicago scheduled so close to the Marine Corps Marathon on Oct. 27, he plans to coach his service's runners rather than compete with them this time. But Simon said that's OK because coaching, possibly at the college level some day, is his dream.

On Dec. 8, he'll drop even further behind the scenes as he works with organizers of the 30th Honolulu Marathon. He's been involved with the race in one capacity or another since the early 1980s when he met two former University of Michigan

runners, a young house call doctor named Jim Barahal and a young dentist named Jon Cross.

Barahal, now the Honolulu Marathon Association's president, and Cross, now its race director, befriended Simon and influenced him to hazard distances beyond 10 kilometers.

"Jon was the top runner on the island back then and Jim was in the top 10, and they took me on my first 18-mile run," he said.

"I'd done a 30:23 10-k but never anything longer. We got on the highway and those guys didn't slow down. They nearly killed me."

The pair helped him train for and win his marathon debut at the 1983 Marine Corps Marathon.

On that performance, Simon qualified for the 1984 Olympic trials. To book-end a running career that began in 1979, he said he's determined to make the cut again for 2004.

Asked how he's managed to maintain such a lofty competitive standard into his late 40s, Simon replied that "preparation" is the key to everything. He's applying that philosophy to life beyond running.

"Next year I want to try to take a trip to Kenya," said the veteran leatherneck. He believes first-hand exposure to the spawning ground of the world's premier distance runners would help him prepare to make his coaching dream come true.

"Just as you must be armed properly going into battle, you must be armed properly if you have a dream," said Simon.

### Farley Simon's personal bests

Mile.....	4:03.5
3000.....	8:35
5000.....	14:09
10 K road.....	29:45
Half marathon.....	66:02
Marathon .....	2:17:46



# MPRRC Celebrates its 40th Birthday

(Continued from Page 10)

barely missed qualifying for the 1972 Olympic Games in the 1500 meters and the marathon, won a spot on the U.S. team in the 5000 meter event. Shortly after the 1976 games, Macdonald established a new American record for this event while touring with a U.S. team in Sweden. In December, Duncan won the 4th Annual Honolulu Marathon.

## Women Runners Advance

Women's running took a great leap forward in 1977 and the first half of 1978. Cindy Dalrymple took second place in the National AAU Women's Marathon championships. In February 1978, she took top honors in the first all-women's 10km held in Honolulu. The following month she, along with Sue Stricklin, Debbie Anderson, and June Chun, won the prestigious team title in the 1978 Women's International Marathon championships held in

Atlanta, Georgia.

During the 1977-78 season, the club's membership increased to approximately 325.

In 1979, Dick Hoyer and Dan Tompkins were co-directors of the first running camp held at Paumalu on the North Shore under the name of Camp Hamilton. As a result, further camps were held in 1980 at Lanikai and in 1981 at Mokuleia. Each camp drew 40-60 campers.

The crowded schedule of running events has meant some form of fun run, race, or charity event every weekend. In 1981, however, the proliferation of running events resulted in no individual member running in more than half the club's races. The modest Hang Tuff of the 1970s, in 1982 was transformed into the Mid-Pacific Road Runner. The guiding force behind this change was editor David Nelson.

The year 1984 was one of tremen-

dous growth of the club.

Membership more than doubled between the fall of 1983 and 1984 from about 360 to 750. (2002 note: Today's membership is about 430.) Races conducted for major sponsors plus T-shirt sales and other sources of income caused club revenues to increase.

The MPRRC, and running in Hawaii, has come a long way from those one, two, and three laps around Kapiolani Park sparked by Ky Cole, Hal Kuha, and Jim Ferris. As the running movement has grown throughout the country, there has been a realization that Hawaii has all the ingredients for a running paradise.

As a result, this is one of the runningest states in the nation. It didn't just happen overnight. The history of the MPRRC has not been without setbacks, but then most historians know that progress never runs in a straight line.

## Bob Doleman Reports on Running in Texas and Germany

By Bob Doleman

President emeritus, MPRRC

It's been two years since we left Hawaii and all our friends and running buddies there.

The year in Texas we got to do a good many runs, not as many as accustomed to at home, nor many over 5K. Just two marathons—San Antonio and Austin, and one ultra, SUNMART. The important differences were who else was there—mostly strangers who stayed that way, and weather that ranged from 110 to 20 degrees Fahrenheit across the year. We were lucky to do several runs with life members Frank and April Rippel of Seguin, Texas, and talk old times in MPRRC and Hawaii.

The year here in Germany has been very, very different. Almost no races to hear of. In 2001 we signed up for four: Frankenstein Castle (13K uphill) done with life member John Cotham; the Frankfurt 5K "Race for the Cure" in a drizzle and 50 degrees; the Karlsruhe marathon, which turned out to be the Sunday



Bob Doleman, MPRRC president emeritus and longtime club leader, points to a distance sign in Germany.

after the World Trade Center attack, so we stayed home for a while; and in July of this year, the Koenigsstuhl Run (8.8K uphill) at which I got second among the old guys.

Jon Schmeiser and Nellie Lee, well known among Faerbers' Flyers too, live nearby and have been with us on a few runs and walks.

What we have done here are "Volksmarches," long (5,10 or 20K mostly) scheduled walks in the countryside, organized by local German sports clubs. They're not timed, and there are no place awards. There's no hurry, and everyone gets the same

award—usually a doll, figurine, rock, beer mug, toy, whatever. Our average is two 20K volksmarches per weekend. That means we've been to nearly 100 different towns, from 20 to nearly 100 miles away, and done about 2000 kilometers apiece so far.

We have been through miles of woods, planted-farm fields, and through dozens of dorfs (towns) harking back often to the Middle Ages.

I still take pictures and send a set to the organizing clubs and receive a few thank you notes and gifts in return. We joined the local U.S. Volksmarch Club in Heidelberg and were volunteers but not office-seekers because of our expected one-year stay.

I've had pretty steady contact with several of my fellow MPRRC working crew of yore, which has been a special blessing in my retirement.

We moved to Landstuhl, about 50 miles west, at the end of July. We have a house in a tiny town at the end of a country road called Eulenbis (which means owl bite) amid great scenery. With much aloha and plenty mahalos for our many happy years with you.



## Club Members Pay Respects to Jack Wyatt



Jack Wyatt, left, shown here with a fellow runner in the March 1983 "Run in the Sun."

MPPRC members said goodbye to the late Jack Wyatt in a memorial church service, an ocean ceremony and a running event in his honor.

Wyatt, 71, a long-time runner and former Honolulu Star-Bulletin freelance writer on racing and water sports, died June 18, while walking along the Ala Wai Canal. (Jack was an apparent victim of a random assailant who shoved him into the canal. A suspect was arrested and charged with second degree murder in the case.)

Club members, other running and newspaper friends attended a Friday, July 5, service for Jack at Unity Church near Diamond Head and a July 13 Saturday morning observance near the Hilton Hawaiian Village lagoon, where family and friends in canoes escorted his ashes to be scattered at sea. A bagpiper in traditional dress played from the far end of a rock pier as the paddlers made their way from the lagoon toward deeper water.

On Aug. 18, a 15-kilometer race,

moved from its previously scheduled Hickam Air Force Base site to Kapiolani Park, was run as a salute to Jack and his contributions to running in Hawaii. Jonnel Wyatt of Maui, one of Jack's four daughters, thanked participants and volunteers at the awards ceremony and helped give out medals. A plaque in Jack's honor was mounted later in the week at a point near the finish line.



Jonnel Wyatt, center, who spoke and helped give out medals at the awards ceremony, is pictured with top female finishers in the 15K, Victoria Chang, left, (1st) and Mina Casey-Pang (2nd).

## Tantalus Trek and Triple Trek Help HURT Help Hawai'i Nature Center

The Hawaiian Ultra Running Team (HURT) isn't a formal club but more an organized collection of friends that continually grows. They are brought together by their passion for trail running, and "ultra" adventures, including night trail runs, such as the First Annual Midnight Run with the Hogs.

That eight-hour extravaganza was typical of HURT's long-distance fun/training runs. HURT has made long-distance running and trail runs its purpose in Hawaii. It also provides fellowship and mutual support for the running community.

The Trek and Triple Trek races benefit the Hawaii Nature Center, which since 1981 has provided a community service targeted mostly for young people. The center fosters awareness and appreciation for Hawaii's environment, and conducts educational outdoor experiences where kids learn to protect and preserve the forest. Activities include hikes, stream investigations, weather experiments and nature crafts.

Family functions are also organized.

Eleven years ago, HURT put on the first Tantalus Trek races. These consisted of a 10-mile race, and a 50k race named the "Triple" because it consisted of three of the 10 mile loops. It has attracted many first time trail runners, and first time ultra runners who wanted to try their hand at a 26+ mile event.

It has become a very popular event, allowing all levels of runners to participate. A 10-miler could feel comfortable taking three hours to complete the event, since Triple Trek participants would be out on the course all morning. No pressure! However, both events lure the most competitive trail runners in the islands, and even from the Mainland. For any runner, it is a rush to walk, hike, or run through the forest.

All runners receive one of the most coveted items in their wardrobe of tank tops, designed by the famous Hilo textile designer, Sig Zane. These are one-of-a kind prints, very distinguishable as Sig Zane designs.

The event, a Labor Day weekend running tradition, took place Aug. 31, with Dave Bonnetti, winning the 10-mile event for the men in 1:12:14, followed by Matt Stevens and Tai Blechta; and Jocelyn Chong, the female division winner in 1:43:21, followed by Sarah Bulloch and Kathy Derrick. Clint Iizuka Sheeley won the Triple Trek.



P.J. Salmonson, shown finishing the Schofield 10-miler, is active in Hawaii Ultra Running Team (HURT) and its Tantalus Trail events.



Tomoko Iizuka-Sheeley moves ahead of Mina Casey-Pang, Jason Pang and Andrew Kamikawa in the Lanikai 8K.



Jeannie Wokasch, female winner in the Schofield 10-miler.



Colin Hilliman offers a good-luck wave at the start of the Johnny Faerber 10K in March.



Buffy Whiteman, was seven months pregnant when she ran the Windward 5K in May.



Geronimo Gomez in the Schofield 10-miler.

Toby Kravet, a regular now in the 60-64 age group, finishes the Faerber 10K.





## 'Marathon John' Eager to Return



John Cotham, right, active MPRRC runner-organizer in the 1990s, pictured shaking hands with a Russian officer after a 5K in Europe, plans to return to Hawaii after he retires next year.

John Cotham, busy MPRRC member known for his friendly, energetic and direct way of getting things done, writes from Europe that he'll be returning to Hawaii to live when he retires from the military next summer.

"Should be back home to the islands no later than July 2003," John wrote to friends here in May from Bosnia where he was serving with the Army in a peacekeeping mission there. More recently, he has been stationed in Germany.

Cotham, a senior non-commissioned officer in the Army, was active as a runner, volunteer and event-organizer in the MPRRC during the 1990s. He's run in scores of marathons in many parts of the world. "Marathon John" can be reached at marajohn13@hotmail.com.



Kelly Rhoads, finishes 2nd in her 35-39 age group, doing the Lanikai 8K in 39 minutes



Veteran 60-64 age group runner Ken Mohica finishes the Schofield 10-miler.



MPRRC runner and volunteer John Burns received special club recognition for his volunteer efforts, after the Lanikai 8K in July, shortly before leaving for overseas duty.



Christa Obara was first in her 60-64 age group in April's Tamanaha 15K.

## Remaining Schedule of 2002 Running Events

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

EVENT	SITE
<b>KAPOLEI 20K</b> . . . . .	<b>Kapolei (Barber's Point/Kalaeloa)</b> Sunday, Sept. 8, 2002 <i>White Plains Beach</i> <i>Marathon Readiness Series</i>
<b>OLD PALI ROAD 4.4-MILE RUN</b> . . . . .	<b>Int. of H-3 and Kamehameha Hwy.</b> Sunday, Sept. 15, 2002
<b>CENTRAL OAHU 25K</b> . . . . .	<b>Schofield Barracks</b> Sunday, Sept. 29, 2002 <i>Stoneman Field</i> <i>Marathon Readiness Series</i>
<b>TANTALUS 10-MILER</b> . . . . .	<b>Makiki Street Park</b> Sunday, Oct. 13, 2002
<b>MPRRC 30K RUN</b> . . . . .	<b>Kapiolani Park</b> Sunday, Oct. 20, 2002 <i>Marathon Readiness Series</i>
<b>VAL NOLASCO MEMORIAL HALF-MARATHON</b> . . . . .	<b>Kapiolani Park</b> Sunday, Nov. 10, 2002 <i>Marathon Readiness Series</i>
<b>TURKEY TROT 10-MILE RUN</b> . . . . .	<b>Kapiolani Park</b> Thursday, Nov. 28, 2002
<b>SILVIA MARTZ MEMORIAL 5K</b> . . . . .	<b>Kapiolani Park</b> Sunday, Dec. 1, 2002
<b>HONOLULU MARATHON</b> . . . . .	<b>Ala Moana Blvd.</b> Sunday, Dec. 8, 2002 <i>at Queen Street</i>
<b>LAST RUN OF THE YEAR</b> . . . . .	<b>Blaisdell Park</b> Sunday, Dec. 29, 2002 <i>Pearl City</i>



Race director J.B. Nation announces the winners of the annual Kailua Beach Run.



# Mid-Pacific Road Runners Roster of Club Officers

MPRRC VOICEMAIL: 295-MPRR (295-6777) • <http://www.mprrc.com>

President.....	<b>BILL BEAUCHAMP</b> .....	395-7154	Newsletter .....	<b>JOHN SIMONDS</b> .....	373-3609
President emeritus .....	<b>BOB DOLEMAN</b>		Race Registration.....	<b>GEOFF HOWARD</b> .....	734-0797
Past President .....	<b>RON PATE</b> .....	551-4463 or 537-1577	Insurance and		
Past President .....	<b>GEOFF HOWARD</b> .....	734-0797	permits.....	<b>SUSAN BLOCK</b> .....	735-8829
President-elect .....	<b>JOHN E. SIMONDS</b> .....	373-3609	Equipment.....	<b>JOAN DAVIS</b> .....	955-0902
2nd vice president.....	<b>BART MATHIAS</b> .....	732-3061	Computerized		
<i>(administration)</i>			race timing .....	<b>BART MATHIAS</b> .....	732-3061
3rd vice president.....	<b>GEOFF HOWARD</b> .....	734-0797	Awards.....	<b>BART MATHIAS</b> .....	732-3061
<i>(public affairs)</i>			Legal Advisor .....	<b>BILL BURGESS</b> .....	947-3881
4th vice president.....	<b>JOAN DAVIS</b> .....	955-0902	Statistician .....	<b>BART MATHIAS</b> .....	732-3061
<i>(volunteer coordinator)</i>			Social Committee .....	<b>BRIAN CLARKE</b> .....	737-4340
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<i>(race operations)</i>			coordinator.....	<b>BRIAN CLARKE</b> .....	737-4340
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Secretary .....	<b>ASTI TOMSIC</b> .....	537-8677	Field liaison.....	<b>DICK SUTTON</b> .....	373-3633
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