



The Mid-Pacific Road Runner



Post Office Box 2571 · Honolulu, Hawaii 96803 · www.mprrc.com · Vol VIII Number 3
· Fall 2009 · Published Quarterly



Andrew Taylor, President of Mid-Pacific Road Runners Club

Feature articles: Tom Knoll takes us across the USA: Part 2 (See page 4)
Ask Our Members: How does aging affect your running (See page 12)

THE PRESIDENT'S FORUM

Aloha!

We've had a great year so far. We had another nice turnout for the Lanikai 8K—over 150 finishers. I'd like to once again thank Dr Joyce Cassen for her help putting on the race. Her continued support makes every year better and better. The Kailua Beach run, held July 19th, had good conditions, allowing 79 people to finish. That number needs to go up, if for no other reason than the post race banquet. We had an overabundance of food and drinks. We either need more attendants or a longer race so people are hungrier. On top of a free breakfast, I also gave my July update on the state of the club. What a bonus! I expect to see more of you next year.

Next up is the Marathon Readiness Series. Everything seems to be



Andrew Taylor

running smoothly. I have updated the webpage (www.mprrc.com) so all the information (course maps, packet pickups, etc.) can be found there. As of now the courses will not be having the major overhaul that we encountered last year. Again, check out www.mprrc.com for announcements and changes.

Speaking of the webpage, you might notice that we have listed several

group runs that are going on around the Island. Every week, there are eight different planned training runs. On Mondays, at 6 p.m., people will be meeting at Lululemon at Ala Moana, on Tuesdays, at 5:30 p.m., at Runner's HI, on Wednesdays, there is a choice of three locations: 6 p.m. at Kailua Running Company, 6 p.m. at Niketown, and 5:30 p.m. at Cooke Field, UH (with Faerber's Flyers). On Fridays, Mid-Pac will be meeting at the Kapiolani Park Bandstand at 5:30 p.m. If you can't make it during the week, try on Saturday mornings at Niketown at 9 a.m., or Sunday mornings at Kailua Running Company at 6 a.m. See www.mprrc.com For more details.

Until next time, may your running be most excellent!

Andrew Taylor

Our new 2nd Vice-President



Joy Schoenecker, runner and triathlete, is now MPRRC 2nd Vice-President handling Administration.

Joy says, "I am very happy to have this opportunity to give back to the club. I'll do my best to help in any way that I can."

Knowing Joy, that means an 110% effort. We all thank you for accepting this responsibility.

Membership Expired?

Print membership form from
www.mprrc.com

or

Call Paula Carroll at :
(808) 375-0917

2009 MPRRC Fall Races

(Check our website www.mprrc.com for locations and other information)

Sunday, September 6, Runner's HI 20K, 6:00 am, Barbers Point Elementary School. Second race of the Marathon Readiness Series

Sunday, September 20, Old Pali Road 4.4 miles, 7:00 am, Kailua
Fun run—quiet, scenic, little traffic, but no level stretches

Saturday, September 26, Starn O'Toole Marcus & Fisher 25K, 5:30 am, Kailua Beach Park. Third race of the Marathon Readiness Series

Sunday, October 11, Tantalus 10 miles, 6:30 am, Makiki
A challenging run, this year a complete clockwise loop including Round Top

Sunday, October 25, P.F. Chang's 30K, 5:00 am, Kapiolani Park.
Fourth race of the Marathon Readiness Series.

Sunday, November 8, Saucony Val Nolasco Half-Marathon, Kapiolani Park. Fifth and final race of the Marathon Readiness Series.

Sunday, November 15, Senior Olympics, 7:00 am, Kapiolani Park
Note change in starting time.

Sunday, December 6, SAM's 5K, 7:00 am, Kapiolani Park
Fun run using traditional 5k course around the park.

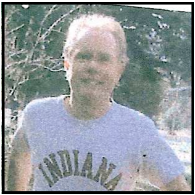
MEET OUR MEMBERS BY Lyle Nelson



DARLENE BUNTEN lives in San Antonio, TX., ran seven Honolulu Marathons starting in 1981 and worked then at Kapiolani Medical Center. She retired in June from University Hospital in San Antonio. Darlene was born in Tuscala, IL just south of Champaign-Urbana, graduated from Eastern Illinois University. She enjoyed two tough local runs, Kailua Beach and Old Pali Road.. Darlene and her sister Brenda, overwhelmed by the Challenger Space Shuttle disaster, organized the 5K Challenger series of runs in Hawaii Kai to raise donations for the Ellison Onizuka Scholarship Fund and other related organizations.



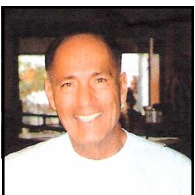
BRENDA BUNTEN says running means keeping healthy and meeting “terrific people.” Born in Paris, IL, near where Darlene was born, She completed the same seven Honolulu Marathons as her sister plus the Val Nolasco event and many others. Another thrill was meeting Tom Selleck while on a training run. Brenda left Hawaii in 1993 but she keeps many special memories of Hawaii. She also retired from University Health Systems this year and is moving back to Illinois. The pet cats in the pictures are O’rion (above) and Galileo (below).



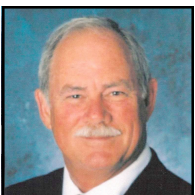
JIM PRESS is a runner. Now living in Loa Altos, CA., Jim ran hurdles in high school and was on the Indiana University track team, won the Big Island Marathon in 1980 after placing 25th in the 1979 Honolulu Marathon. Jim has done Boston, Big Sur, and eight others. He found the 1989 Ironman in 1989 his hardest event ever to finish. Once a member of the Tantalus Running Team, he ran with top locals such as Georgi, Barahol, Davenport and Cross. Jim’s toughest masters races came against Faerber, Gallup, and Tymn. Jim’s wife is Carol,



CHRIS CRAWFORD, a President of MPRRC in the late 1990’s has done 80 marathons, including Honolulu five times. His best is a 2:34:53 in the Dallas White Rock Marathon and worst is a 4:15:43 in the Volcano nightmare which he calls his favorite run because of its scenery and difficulty. He took up running to lose weight, lived in Hawaii from 1992 to 1998 and now lives in Dallas, TX , where he is an operational analytics manager working on data for TXU Energy, the largest electricity provider in Texas. Chris ran the Aloha State Games 10K just last June. His wife is Lauran and children are Ellen, Will, and Ben.



CHARLES BARTON, JR says that he has enjoyed running many years and it has helped him survive cancer. twice. Single, Chuck was born in San Antonio, TX, and began running as a Marine Corps recruit. He likes 5Ks, has done seven marathons and his favorite is the Honolulu Marathon. He lived in Hawaii from 1982 to 1986.. Chuck is now doing volunteer medical missions to the poor in Honduras.



DAVID BENSON, the man atop the cherry picker to start the Honolulu Marathon many times, now lives in Wells, Vermont, near Rutland. He spent 51 years in Honolulu, played high school football, ran the 880, and put the shot. Born on Molokai, David took up marathoning in 1978 when he met Dr. Jack Scaff, Jr. He has done 26 marathons. He also has fond memories of the old Pineapple run. David was with the Honolulu Police Department and later with law enforcement agencies in Vermont. He has two daughters, Sherri and Laurie, two grandchildren, and one great grandchild.

TOM KNOLL TAKES US ACROSS THE USA By Tom Knoll (Half-way: Part 2 of 3)

The 1 March morning in San Diego, CA was warm and sunny, a perfect day for the start of the 3000 mile Cross-USA Charity Run. My son, Warren, and I took off with our support crew, Hubie Krawzyk and Mickey Rzymek, Dave Orłowski, one of the 12 original 1978 Hawaii Ironmen, was also out to run the first couple of days with us.

At about the 10 mile mark we had a media session with the San Diego TV news station, KUSI. Beautiful day, beautiful seashore, what a nice way to start when...BAM!...at Torrey Pines, near the 19 mile mark, I tripped on an upraised piece of cement and went down for the count. The result was a gashed area by my left eye, which made a bloody mess. I had to get 25 stitches at a nearby VA hospital. It was still a warm and sunny day, but scratch the perfect day for running!

One of our mottos when I was in Marine Recon was “when the going gets tough, the tough get going”. I was out the next morning way before the sun came up and got in some good LSD (Long, Slow, Distance) and a 34 mile day. A rough area of running was encountered for a few days. There were hills and we were running facing traffic, a large portion of which were semi-trailer trucks driving at a good clip. There was only a very small strip of road to run on.

Warren’s dream of running and biking across the USA, a very bold goal, ended here. There was no doubt in our minds that he would have been blown off his bike for openers. On 6 March we were in the much more suitable running area of Palm Springs. Retired marine Sgt. Major Dave Danford had arranged for us to run a portion of the day’s run with the Marine Junior ROTC. This was a highly motivated group of male and female students. During

this portion of the run the Marines were carrying the American and Marine Corps flags and NBC and the Desert Sun newspaper gave us good coverage. The next day, one of the troops, Jesus Hernandez, ran the whole 30 miles with us carrying a big America flag. We entered the 29 Palms, CA, area two days later. We were joined here by girls from the local Rotary Club. Shortly after leaving 29 Palms, we saw a sign saying “No Services for the Next 100 Miles”. It was correct...no stores, no gas stations, nothing! In the middle of this nowhere, a state trooper stopped and asked how we were doing. It ended up he had been in the marines and the intelligence field and we has mutual acquaintances. He had met a guy a few days earlier who was completing a walk across the country all by himself—from Florida to California.

On 12 March we would enter Parker, Arizona. Shortly before that, I met a young man, Luke Wilbanks, who was walking and backpacking around the world by himself for Team World Vision. He had gone through the eleven European countries, was finishing his USA crossing, and then on to Asia.

We reached Phoenix on 18 March and spent a couple of evenings at my daughter Allison’s house in Chandler, AR. This included a nice Easter Dinner. Also Ray Wasson, a Marine veteran of Okinawa and Vietnam, hosted a nice evening get-together with a lot of people attending. During the crossing of the USA, we were often alone so these socials took on a special meaning.

For sure the run was going well, our bodies holding up to the task, but Hubie had to head back to Milwaukee for awhile. For the time being it was Warren, myself, and the Penske support vehicle. By a lot of determination we were still able to get our 30 miles each day.

On 27 March we arrived in Overgaard, AR. And received a lot of help from “Sporty Jim” and some other American Legion motorcycle riders. We did a presentation at the local American Legion Post and I presented them with my book, “Why not a Million” as I did on every occasion when I spoke to a group. The following day we ran to Show Low, AR. Where we were met by a group of 11-12 year old members of the Young Marines. They joined our run carrying American and Marine



TOM KNOLL TAKES US ACROSS THE USA (continued)

Corps flags in weather conditions really on the windy side. At the end of the day's mileage they had a reception for us at the Show Low Armory Range with food and beverages for everyone. I enjoyed talking to these young Marines and to hear of their hopes and aspirations. I have no doubt that they will play a big role in the upcoming generation.

The following day took us to Vernal, AR. It was another very windy day with some of the young marines out there for part of the run proudly carrying their flags. When we reached Vernal, the fire department gave us a real welcome! Their sirens were blasting and their aerial truck ladders were extended across the road. We did a presentation at the fire house and enjoyed a couple of cups of hot coffee.

We reached Springerville, the last town before entering New Mexico, on 31 March. Once again some young marines were with us. One of them, Oscar, looked me in the eyes and said, "When I grow up I'm going to go to Annapolis and become a Marine Corps officer". I looked back at him and said, "I'm sure you will". Throughout this run, I had chance to meet some of the youth of America who, at their early age, were already setting high goals for their futures.

It was the end of the first month and two of the states were now history. Mother Nature has been kind so far. We had no rain, some wind, and some early morning sub-32 degree temperatures. We had just run through an area where thousands of acres had been devastated by a forest fire caused by two careless people. The next day, while running in New Mexico, that occurred shortly before we got there. A woman lost control of car, left an embankment and was killed. Even in the middle of nowhere, while you are running, you



Tom and his son, Warren, with Young marines at Show Low, Arizona

must pay attention to what is going on.

On 3 April we ran through the Continental Divide, elevation 7,796 feet. Three days later we reached the Albuquerque area. We did a TV interview at Channel 13 and met with Legion Post Riders at Post 99. My girlfriend, Laura Murray, flew in from Washington D.C. for a few days to support the run. She had a wad of mail for me plus completed income tax paperwork that I had to file. My good friends Tex and Marci Lierly came from Alamosa, CO to join us for a day of running.

Mother Nature now decided to challenge us. In Vaughn, NM the temperature was between 20 - 30 degrees along with a 75 mph headwind. I was wearing a sweatshirt, jacket, and gloves. Ugh! A couple of hot bowls of clam chowder at a local restaurant was like a banquet.

Our last day in New Mexico was in Clovis. We did a presentation at the American Legion Post there and our run got a nice article in the local newspaper.

On April 20 we were in Amardillo TX and met with some male and female teenagers from a local high school. We ran some mileage together which was covered on the evening news of three TV channels. Later, some of these young people were recruits at the Marine Corps boot camp in San Diego,

On 26 April we were in Oklahoma City where we visited some of the troops at the Veterans Administration Hospital. One of the patients and I had been together on the USS Shangri-La in 1965. While at the VA hospital, I had my right eye checked. For all practical purposes I had no vision in it. This problem was caused by my fall on the first day of the run. I would need surgery to repair it. I hoped to do this in St. Louis, MO. Also, Hubie had now returned from Milwaukee to support the run. On 27 April we all ran the Oklahoma City Marathon. That went well.

A week later we were at the half-way mark in the Cross-USA Charity venture, but Mother Nature had some surprises in store for us during the last half of our run.

ALOHA STATE GAMES 10K RACE

Sunday, June 21, 7:am, Kapiolani Park

Top Male

1st	Alexander Izewski.....	35:12
2nd	Boija Perez-Batet.....	35:33
3rd	Kyle Lynch.....	36:09

Top Female

1st	Angelica Valdez.....	43:07
2nd	Shannon Cutting.....	43:16
3rd	Emily King.....	44:31

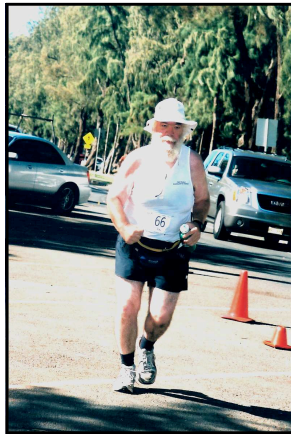
Number of finishers.....179



At the start of the 2009 Aloha State Games 10 K



Alexander Izewski.
An elite winner at age
15



Chris Mewhort, step-
ping up the pace now
that he is 150 pounds
lighter

LANIKAI MEMORIAL 8K RACE

Sunday, July 12, 7:00 am, Kailua Beach

Top Male

1st	Todd Iacovelli.....	26:57
2nd	Matt Stevens.....	27:44
3rd	Andrew Taylor.....	28:40

Top Female

1st	Sandra Ferreira.....	33:44
2nd	Ashley Gilbert.....	34:10
3rd	Mandy Biscoe.....	34:27

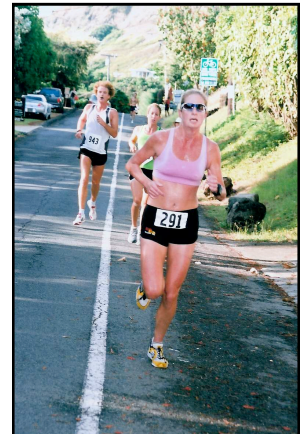
Number of finishers.....154



Sign-up time



Dr. Cassen gives in-
structions. Todd Iao-
cavelli is behind her
on the right



Sandra Ferreira on her
way to being the first
woman finisher

KAUAI MARATHON AND HALF MARATHON by Kit Smith

Boosted by the Garden Island's natural beauty and a strong market for new race venues, the first annual Kauai Marathon/Half Marathon reports a sellout for its Sunday, September 6th inaugural.

A combined limit of 1,200 participants was set, with an eye to Kauai's limited infrastructures. About 1,650 applications were accepted, anticipating a 10 percent no-show and cancellation factor.. Remarkably, the majority of the registrants live out of state or abroad — including 44 Mainland states. That's despite registration fees for out-of -staters of \$225 for the marathon and \$125 for the half-marathon. Hawaii residents and active duty military are paying \$100 and \$70 respectively.

Both races will start at the Poipu Shopping Village at the same time — 6 a.m. Full and half-marathon participants will run together for the



first 10.8 miles before the marathoners turn toward Kalaheo and the courses more serious hills.

Event founder Jeff Sacchini, a Modesto, CA, resident, describes himself as “a passionate runner who loves Kauai. My family and I have spent a lot of time there. I have run every imaginable road — both paved and dirt — in Poipu. I hand picked the course. It is absolutely stunning. Yes, it will be challenging, due to

the hills. It provides beautiful views of mountain ridges, volcanic peaks, ocean beaches — and quality paved roads. We also had to work with local authorities on routing to minimize traffic disruption”

He adds; “The finish line at the Sheraton Kauai will provide a perfect ending point on the beach... and for an incredible post race party.”

The half-marathon course will be less hilly and therefore a bit less challenging.

Co-race director is Bob Craver, a Hawaii resident for 23 years and now a resident of Kalaheo on Kauai. He is overseeing all race logistics. He was race director of the Maui Marathon from 1996-2006 and has been involved not only in other road races but with the Maui Film Festival and PGA championships.

The new Kauai Marathon was set up as a Hawaii non-profit and will benefit local non-profits.



TOTAL FIT™
new balance

*performance enhanced
by fit from every angle*

*From heel to toe
from sole to laces*



THE 875

LOVE/like this is the new balance



Experience the 875 at



A Score for Runners... By Runners™

819 Kapahulu Avenue
Honolulu, HI 96816
(808)737-2422

KAILUA BEACH 8K RACE
 Sunday, July 19, 7: am, Kailua Beach

Top Male

1st	David Carlsson.....	28:53
2nd	Matt Chamberlain.....	30:40
3rd	Louis Tomsic.....	30:47

Top Female

1st	Amy Eck.....	31:50
2nd	Lynn Daly.....	33:59
3rd	Chris Geilfuss.....	34:51

Number of finishers.....79



(These pictures are from our file and not the 2009 race.)

The Kailua Beach course.



David Carlsson (right) was the 2009 winner with Matt Chamberlain (left) placing 2nd. Aaron Pierson Is also pictured.



Post race treats and club meeting.

MANGO DAYS 5K RACE
 Sunday, August 9, 7:00 am, Ala Moana Park

Top Male

1st	Todd Iacovelli.....	16:19
2nd	Jonathan Lyau.....	16:53
3rd	Pete Boksanski.....	17:43

Top Female

1st	Kristin Ali Keith.....	20:06
2nd	Leilani Kaluhiokalani-Meyers....	21:29
3rd	Gretchen Adams.....	21:55

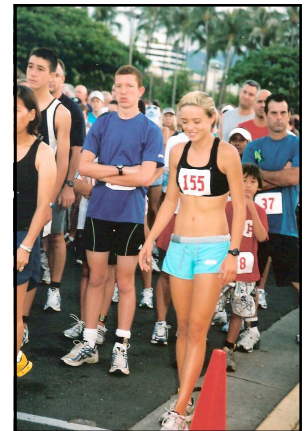
Number of finishers.....320



Kit and Margie Smith flank race winner, Todd Iacovelli. "Mango Days" was named in memory of their daughter, Patti Smith.



Kane Ng-Osorio just can't pass this future runner.



Kristen Ali Keith (155) at the starting line

SCENES · OLD AND NEW



Faerber's Flyers Brunch honoring coaches



At the start of the 2009 Hibiscus Half Marathon



Yvette Flynn stretches out on the road



Todd Iacovelli and Rachel Ross
Frequent roadrace winners



Beth Blackburn enjoys running

**VOLUNTEERS NEEDED
(ALWAYS)**

**Help at one of our races in 2009!
Call Joan Davis at 535-9070**

THANK YOU!



George Redpath of Kailua Running Co. follows instructions to keep his head up while running

Photo Credits

Cover: Tesh Teshima

Page photos by Tesh Teshima, except: Meet our Members: Submitted by individual members themselves; Tom Knoll Takes us Across the USA: Tom Knoll, Running the Loop: Bill Beauchamp, Joan Davis, Jeff Sacchini, Bob Craver, Ask our Members: Kheng See Ang, (only—all other member photos by Tesh Teshima. Marathons Around the World: Bill Beauchamp

MPRRC Newsletter on the web

Beginning with our December issue of the Newsletter, club members are encouraged to view each issue on our website (www.mprrc.com) rather than receive a hard copy in the mail.

There are two advantages for this. First, from the reader's point of view, all pictures are in color rather than the grayscale of the printed pictures. This makes a big difference,

Second, from the club's point of view, it is an opportunity to save money at a time when we are watching all costs. Each copy, printed and mailed, costs about \$3.00.

All members will continue to receive mailed copies unless they opt for the web, Paula Carroll will be sending a letter to the membership covering this. If you choose to use the web, you will not receive a mailed copy of the newsletter.

Olympics Day Celebration

Honolulu City and County put on an Olympics Day celebration on June 20th to show support of Chicago's bid for the 2016 Olympic Games. The affair was held in Les Murakami Stadium. A 5K race was also held. Club members participating included Susan Block, Geoff Howard, Lou Tomsic, and Bill Beauchamp.

The picture below shows Bill with Misty May-Treanor, two time gold medal winner in beach volleyball and Mayor Mufi Hannemann.



The Kauai Marathon

We are happy to see Kauai rejoin the other Island marathons now on Oahu, Maui, and Hawaii. An article by Kit Smith covering this marathon is on page 7, as well as a course map. It is planned to be an annual event.



*Jeff Sacchini
Founder*



*Bob Craver
Co-Director*

A single unrelated Kauai Marathon was held in 2003, a project of Walter Bono, a local hospitality/sports marketing executive. "I wish them nothing but the best," he says of the new Kauai Marathon

Tom Knoll

Two questions often asked of Tom do not show up in his Across USA article.

1. What do you eat during the run?

Tom: " I usually start out very early each day powered by a full Gatorade bottle of coffee with one lump of sugar. During the course of the day I usually fuel up on a few Power or Granola bars and drink Gatorade or root beer."

"At the end of the day its some pizza, pasta, or something that is not heavy on the stomach."

"Once in a while a milk shake, malt, or a beer went well"

2. What vitamins or supplements do you use?

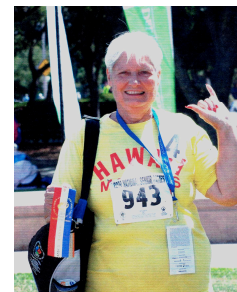
Tom: *None."

National Senior Olympics

The National Senior Olympics was held last August 1st through 15th in Palo Alto, CA at Stanford University track and vicinity.

Counting all venues, 9,178 senior athletes competed, 92 from Hawaii. MPRRC members did well. Joan Davis (pictured below) won a 6th place ribbon and Jack Karbens a 5th place ribbon (both hammer throw) while Bill Cunningham won a bronze medal in the 400 meter dash.

Bill was cheered on by his six children and nine grandchildren. All attended his event.



Ask Our Members

"ASK OUR MEMBERS" (pages 12,13,and 14) is a feature article written by Kit Smith. In an earlier issue we ask our members about shoes. If you have a question you would like to 'ask our members', let us know. Call one of the Newsletter staff. Our phone numbers are on the back cover.

Ichinoseki, Japan

For 20 years Tesh Teshima and his party have been guests at the festivities in Ichinoseki, Japan. These include a 5K, 10 K, and half-marathon. The half-marathon will be held September 20th.

This year Todd Iacovelli (Hibiscus half marathon winner, 1:10:02) and Brandon Laan will join Tesh. Our December issue will report on it.

NORMAN TAMANAHA 15K RACE

Sunday, August 16, 6:00 am, Kapiolani Park

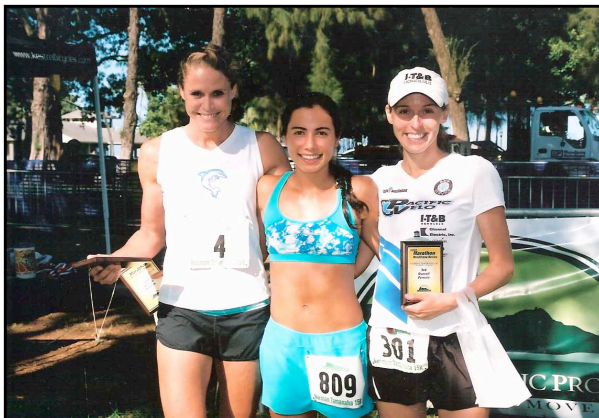
Top Male

1st	Todd Iacovelli.....	49:59
2nd	Marty Muchow.....	53:36
3rd	Jonathan Lyau.....	54:10

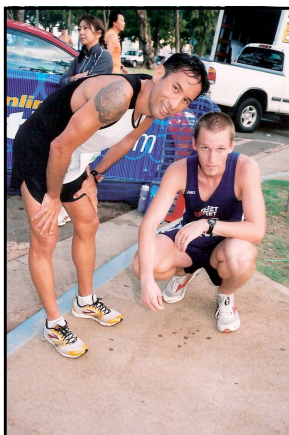
Top Female

1st	Rachel Ross.....	1:03:08
2nd	Mariane Marr.....	1:03:39
3rd	Patricia Havey.....	1:04:04

Number of finishers.....709



Elite winners, left to right: Rachel Ross, 1st, Mariane Marr, 2nd, Patricia Havey, 3rd>



Kainalu Picl (left) and Andrew Taylor (right) catch their breath after the race



Linda Moran flashes a winning smile



FORMERLY

FLEET FEET
Sports
KAILUA

The NEW Kailua Running Company says "Mahalo" to all of its customers for their ongoing support. We look forward to serving all at our same convenient Kailua Town location.



KAILUA RUNNING CO. | 17 AULIKE STREET, KAILUA TOWN | 361.3176

KAILUARUNNINGCO.COM

ASK OUR MEMBERS: How has aging affected your running?

By Kit Smith

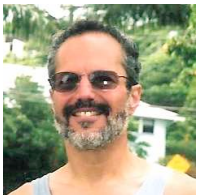
News Flash!! As we runners age, our speeds tend to lag. That's the universal experience of the approximately 20 MPRRC members who responded to a survey on this subject.



John Simonds

"Today I compete mostly with myself, trying not to be slower than last year—and not to finish too far behind older runners," says **John Simonds**, 74, a runner for 22 years. "My motto has become, 'Get the shirt, but don't get hurt,'" says Simonds, a past president of this club.

OK, the "news flash" intro above was tongue in cheek. Of course we all slow. But wait! Among the respondents one declared: "I know that eventually age will slow me down. But my lifetime PRs are still in the future." Who is our PRs-yet-to-come superman? He is **Ron Heller**, a 52 year-old lawyer. Yes, there is a catch. He has been running only for six or seven years. He began when his weight hit 200 pounds "and I decided it was time for drastic action. I started running and eventually lost roughly 50 pounds. I'm running faster now—not just relative to my age group but faster absolute times."



Ron Heller

Also, a number said that while speeds have slowed, endurance has held up pretty well. For our "elite" runners, turning 40 stands as a key milestone. That's the age of "master's" status, a euphemistic recognition that speediest years lie in the past.

Jonathan Lyau, despite reaching the age of 40 five years ago, has continued to win regularly the *kamaaina* award as the first locally born/current resident finisher in the Honolulu Marathon. But "I started slowing at age 41 because of forced breaks and less intensity due to a variety of injuries," he says, lamenting: "I never used to get injured." Lyau also found himself cutting back on running so as "to focus more attention on our young family (daughter Sierra and son Spencer). And I wanted to give my wife (Kelli) time to train."



Jonathan Lyau

In his new age group of 45-49, he says wistfully, I am running slower than I was in high school (McKinley) at all distances." He still enjoys running, even by himself. "It is relaxing. I am trying to increase the 'quality' part of my training with more speedwork. I am also trying to be consistent in doing strengthening exercises, to work on muscle imbalances that are causing my injuries." Lyau's marathon personal best came not in Honolulu but in Chicago in 2001—2:29:28—at age 37. (Two months later, his "kamaaina award" time in Honolulu was 2:40:21).



Craig Knohl

Craig Knohl, 49, another familiar face among lead runners locally, began running 31 years ago—as an adjunct to surfing. "I had a lot of energy and I was looking for an easy, efficient way to burn it I also wanted to get in better condition for surfing, since I had decided to move to the North Shore. When I reached 45 years old, I realized I couldn't handle miles and miles on the road along with hours and hours in the ocean. I still do all the things I have been doing, I just do less." His proudest running achievement came in 1986—a 2:44 PR in the Honolulu Marathon.



Tom Craven

Tom Craven, 62, a math professor, has few peers in sheer determination—and love of the road. He ran his first marathon at age 27, his first "ultra" at 51 (ultra means greater than marathon distance), and his first 100-miler at age 60."So there seems to be no problem with endurance," he says. As for speed, "I have lost about one minute per mile over all distances." Over the years he hasn't changed his training routine much. "I do a mix of track workouts, roads, and trails. I have become very aware of when a body part is not working right and treat it immediately." His future plans are, first, to finish his first 100 marathons, then another 100-mile race. And "I hope I can still run a marathon at age 100."

(Continued on page 13)

ASK OUR MEMBERS: How has aging affected your running?

(Continued from page 12)



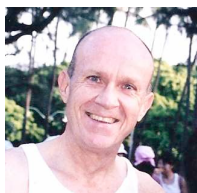
Chuck Strang



Joy Schoenecker



Bob Henninger



Ken Best



Lyle Nelson



Eileen Ward



Judith Inazu

Chuck Strang, a Boston Marathon veteran with a 3:10 personal best, has been running for more than 30 years. “Gradually from age 45 onward, and now at 77, I can’t believe how slow I have become.” (His marathon times have extended over 6 hours in recent years.) “And I’m accepting the fact I will slow up more.”

Joy Schoenecker, now 70, took up running relatively recently—in 1997, doing her first Honolulu Marathon in 1998. “Of course I am slower now—the aging curve is real. But I started running late in life, and I don’t think of it as a major issue.” Plus she thinks she has more endurance today, “as I have learned the ‘the mind’ is a powerful tool to compete and complete in most athletic events”

Two 84-year-olds responded to this survey—**Bob Henninger** (editor of this publication) and Lyle Nelson. Henninger, a retired contractor, took up running 22 years ago, “to eliminate a pot belly. I lost 50 pounds the first year...” His speed remained about the same “until about age 75 and then went into free fall.” Along the way he has had thrills—including his first age division win in the St. Andrew’s Priory 5K in 1990. His enjoyment of running remains high thanks to weekly outings with a group calling itself “The Over the Hill Gang”. (Strang and Nelson also are members along with Siegfried Ramler, Kim Jacobsen, and Tom Knoll).

Lyle Nelson, a retired newspaperman, has been running for 31 years. He took it up after seeing Star-Bulletin colleagues Shurei Hitozawa (now deceased) and Helen Altonn running and loving it. At age 60 Nelson did a 4:18 marathon in San Francisco. Today he figures his 10K pace has slowed to about 13 minutes a mile. But at this year’s Ford Island 10K, he tells, “I outkicked about three young people on the grass just before the finish line.” Clearly, his competitive spirit lives.

Some input from the 60-somethings. **Ken Best**, 66, explains slowing in clinical terms—“an inexorable decline in the lungs’ oxygen capacity per minute.” At the same time, he hasn’t experienced much change in endurance. And his enjoyment of running “remains undiminished.” His average weekly mileage has held for several years at around 33 miles. But he does have one issue—“to get rid of a nagging injury in my left hamstring.”

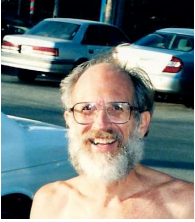
Eileen Ward, 62, has scant history on which to base comparisons. Now retired after 25 years of church administration, she cares full time for her 20-month-old grandson. To improve fitness and health, she took up marathoning—walking from start to finish. She has done three Honolulu Marathons, 2005, 2006, and 2007, with a best time of 7:03. She has found a direct link between performance “and how well I have trained....sometimes I’ve been reluctant to head out the door, but I always feel more energetic upon return”. A year ago she purchased a lifetime MPRRC membership “and I plan to get my money’s worth.”

Judith Inazu, 60, a Boston Marathon veteran, has “ultra” endurance credentials, having done two 36-mile “Runs to the Sun” up Maui’s Haleakala. And she says that while her endurance has pretty much held, speed has diminished “big time.” She notes loss of flexibility, a shorter stride, lower leg lift and slower turnover. “Boy, is it discouraging to report this. But my enjoyment is still there. In fact, doing simple training and races has become more of a challenge so more enjoyable in that sense.”

(Continued on page 14)

ASK OUR MEMBERS: How has aging affected your running?

(Continued from page 13)



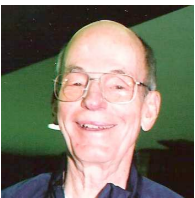
J.B. Nation

J.B. Nation, 61, another math professor, says of his speed on the road, simply: “Gone”. The last traces were seen around age 35.” He knows something about speed, having worked as a track and cross-country coach at Vanderbilt University in Tennessee. Still, he puts in about 30 miles of running per week, “not a whole lot less than when I was younger. The hard part is adjusting your training schedule, family, and life in general. That means running at 4 or 5 a.m. many days. This will change when I retire!”



Kheng See Ang

Kheng See Ang, 59, a physician, had a most promising running career underway at age 44. She set a marathon PR at age 48—3 hours and 49 minutes, qualifying for Boston. “But I couldn’t go because of progressive arthritis of my left knee. I can’t run any more but I will keep on walking until and after I have my total knee replacement.” For others coping with injuries: “Give yourself sufficient time to heal and get back gradually. As we age it is even more important to do strength training as part of our regular workout routine.”



Kit Smith

Our youngest responder was **Kelly Becker**, 21, who is studying the culinary arts at Kapiolani Community College with plans to attend the University of Hawaii. Even she has experienced injury. “I noticed some bursitis when I recently started building up mileage. But I gave it two days each time and it cleared right up.” One reason she took up running: I plan on getting pregnant in a year or two and want to be in the best shape possible, so my body can handle the stresses better.” Her mileage has “greatly improved, which probably has a lot to do with my newfound patience and tolerance for pain.”

(Kit Smith, who put together this report, recently hit age 75, grateful that his age-graded results have held up encouragingly. But he confesses concern based on octogenarian Bob Henninger’s report above of results “going into free fall” at about age 75. Say it ain’t so, Bob!)

MARATHONS AROUND THE WORLD:

• ANTARCTICA • By Bill Beauchamp

The most unique and far distant of all marathons is the Antarctica Marathon run in February of each year at King George Island off the Antarctic Peninsula. It is produced and organized by Marathon Tours of Boston who, in addition to providing air tickets and accommodations from your point of origin anywhere in the world to Ushuaia, Argentina, provides a plush icebreaker ship from Ushuaia to Antarctica round trip and about a week of exploration and sightseeing on the “last” continent.

Be prepared for winter-like conditions. The 13.1 mile course (done twice) is generally free of ice and snow except for a couple of miles on a glacier. Noontime temperatures will usually be a couple of degrees above freezing, making for a few puddles on the course fed by nearby glaciers. King George Island has a string of scientific research stations because of the relative mildness of its climate. Don’t expect bright sunshine, even though it is summer in the southern hemisphere. It is usually somewhat overcast.

The course starts out from the Uruguayan research station, climbs up a glacier and return, then sets out on a gravel road that goes through rolling terrain and connects Russian, Argentine, and Chinese research stations. Personal water bottles are set out ahead of time for rehydra-

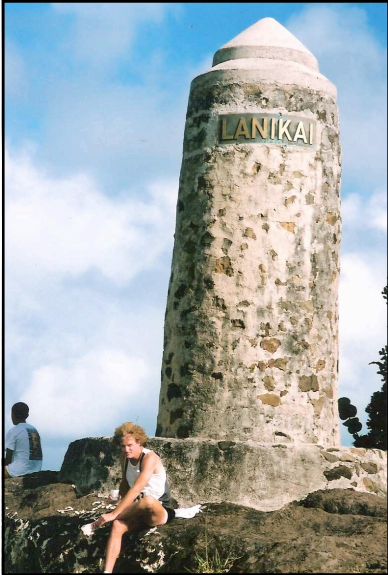


Before the start of the race. The lady in shorts is from Russia, obviously used to a much different climate than is Bill, who is hidden in clothing on the right.

tion. Bring along a few dollars if you want to buy some souvenirs at the Chinese station at the turn-around.

The race takes up most of a day, leaving the remaining days to see Antarctica. The Canadian host team that runs the hotel facilities aboard ship, lectures on Antarctica, provides landings on other frigid islands as well as the mainland, and does a bang up job of acquainting you with our southernmost continent. Your fellow travelers will undoubtedly be gung-ho runners and fun to be with. Overall, you will find this an adventure you will always remember..

MORE SCENES



Near the start of the Lanikai 8K race. Lou Tomsic is seated and relaxing.



Three girl volunteers at the far end of the Lanikai loop.



David Rarangol crosses the Lanikai finish line with a "0" time which is tough to beat.

RUNNER'S HI
AIEA • HAWAII



Hi! Ray Woo here again

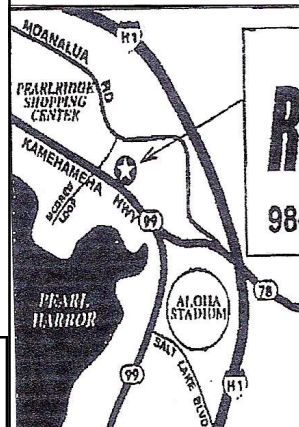
Aloha fellow harriers,

The 2009 Marathon Readiness Series is now underway with the Runner's HI 20 K on Sunday, September 6, being the second race in the five race series.

We are pleased to be the sponsor of this race and to be a part of the Series, a series of races of increasing lengths designed to prepare you for the Honolulu Marathon on December 13th.

Until then, train and race safely. and we hope to see you along the way.

Aloha,
Ray Woo



RUNNER'S HI

98-390 A Kamehameha Hwy

Aiea, Oahu, Hawaii 96701

Telephone: (808) 488-6588

Mid-Pacific Road Runners Roster of Club Officers

MPPRC VOICEMAIL: (808) 295-MPRR (295-6777)

President.....Andrew Taylor.....927-0284	Treasurer.....Kainalu Picl.....239-0047
President EmeritusBob Doleman..(580) 351-8459	Membership
Past President.....Paula Carroll.....375-0917	Coordinator.....Paula Carroll.....375-0917
President-Elect.....Craig Knohl.....229-5306	Newsletter.....Bob Henninger.....422-0732
1st Vice-President.....John Simonds.....373-3609	Lyle Nelson.....941-1988
(Race Operations)	Kim Jacobsen.....737-8747
2nd Vice-President.....Joy Schoenecker.....396-0115	Kit Smith.....395-9535
(Administration)	Chuck Strang.....955-1359
3rd Vice-President.....Scotty Anderson.....737-7317	Submit newsletter pictures/articles to:
(Public Affairs)	4334 Hakupapa St., Honolulu, HI 96818
4th Vice-President.....Joan Davis.....535-9070	(or) Rshennin01@cs.com
(Volunteer Support and Equipment)	Legal Advisor.....Dick Sutton.....255-2606
Secretary.....Halina Zaleski.....349-1984	Webmaster.....Andrew Taylor.....927-0284
	USA T&F.....Dick Sutton.....255-2606
	RRCA Rep.....Joan Davis.....535-9070

Mid-Pacific Road Runner
Post Office Box 2571
Honolulu, Hawaii 96803

Non-Profit Organization
US Postage Paid
Honolulu, Hawaii
Permit No. 367