



The Mid-Pacific Road Runner



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Joan Davis, Mid-Pacific Road Runner Club's 4th Vice-President for Volunteers and also Hawaii Masters Track Club Secretary, competes in the javelin toss

Feature articles: Our close ties with Hawaii Masters Track Club (see page 4) and **"Shoes"** (see page 10)

THE PRESIDENT'S FORUM · IMMEDIATE PAST PRESIDENT



Paula Carroll

Aloha fellow Mid-Pac members,

I have officially passed the Presidential torch to David Carlsson effective 20 February 2009. The Club is in very capable hands under the new administration—new blood, new ideas, and the economy of the Club is healthy...no recession here!

As I reflect on this past year, it was one of essential transition. Our popular races had become even more popular and we outgrew our ability for an all-volunteer force to ade-

quately staff and operate these races. I'm referring specifically to the successful Marathon Readiness Series. So this past season we contracted out the Series to "808 Race," an affiliate of "Boca" where they did ALL the work and then PAID the Club \$2000 /race! How's that for a successful business transaction!

This winter we developed another Series that included the Bob and Ron's 5K, the Chapson 8K, and the Johnny Faerber 10K. The convenience of being able to register for all three races at once, plus the special price for Club members helped boost the Club membership.

As I step into the shadows, I truly appreciate the opportunity I had to guide the Mid-Pacific Road Runners Club this past year, but mostly I'm thankful for the full support you pro-

vided me and the lasting friendships I've developed. Continue your healthy running habits and support of the Club in 2009.

See you out there on the road!

Paula Carroll

2008 MEMBERSHIP REPORT

107 • Family Memberships (30 new)
2 • Junior Memberships (1 new)
157 • Life Memberships (2 new)
109 • Regular Memberships (30 new)

Total: 375 Memberships

2009 MPRRC OFFICERS

Rear row (Left to Right): Kainalu Piel, Treasurer, Scotty Anderson, 3rd Vice-President for Public Affairs, Andrew Taylor, 2nd Vice-President for Administration, Halina Zaleski, Secretary, Craig Knohl, President-Elect.

Front row (Left to Right): David Carlsson, President, Paula Carroll, Immediate Past President and Membership Coordinator, John Simonds, 1st Vice-President for Race Operations.

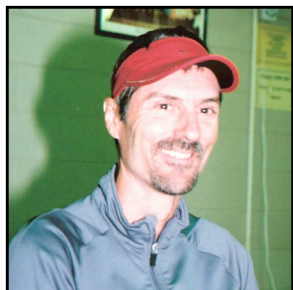
Missing from picture: Joan Davis, 4th Vice-President for Volunteer Support and Equipment.

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Page 1 and 12 courtesy of HMTC
Page 4 from Internet Websites
All other photos are by Tesh Teshima



THE PRESIDENT'S FORUM



David Carlsson
2009 President

Aloha,

Many of you were able to stop by the MPRRC booth at the recent Great Aloha Run Expo. It was nice to chat with you and get your input for the upcoming year. I look forward to serving you as President of the Club. Having just gone through the Marathon and the Great Aloha Run here in Honolulu, I couldn't help but notice that there are an awful lot of people out there who only run or walk in one event a year. It is MPRRC's goal to promote health and fitness, and running, by putting on many races throughout the year. I hope that people will take advantage of this and join in some of the many races for the remainder of the year. Races provide motivation to continue training and running year round, which will lead to healthy lifestyle.

I want to thank last year's Board Members for their excellent leadership and guidance. Andrew Taylor, Halina Zaleski, and I were new Board Members last year, and it has been great working with some experienced individuals such as Paula Carroll, John Simonds, Joan Davis, and Bill Beauchamp. Sam Aucoin and Chris Mewhort also work hard behind the scenes and are often not recognized for this

I personally have learned a lot from this entire group and am thankful.

After some difficult years, they have returned the Club's financial

status to a positive one. They have continued to produce quality runs year round. They also found a way to improve the Marathon Readiness Series by contracting it out. A bold move, but one that was necessitated by the reduced number of club volunteers in recent times.

I would like to thank other experienced club members for their suggestions and encouragement, as I have been preparing to take office. Collectively they have a vast amount of knowledge, and I am thankful that we can call on that experience for the future.

I am often reminded that I am some younger, fresh blood, being infused into this organization, and I hope to generate some excitement and reinvigorate the club with a new enthusiasm. I bring with me quite a bit of experience from another non-profit organization, the Boy Scouts of America, and also some elite racing experience. I would like to be able to use this varied knowledge to help MPRRC move forward and continue to improve its promotion of health and fitness. I am looking forward to working with the newly elected Board Members. And, am thankful that Kainalu Pic'l, Scotty Anderson, and Craig Knohl have stepped forward very recently to fill some vacant positions. I think that this current mix of old and new will produce some positive results. It is a most healthy blend for any organization to have.

We have already started implementing some of your new ideas. Requests for weekly Club training runs have resulted in two such runs. Mondays and Fridays, starting at 5:45 pm, near the bandstand at Kapiolani Park. The 8.5 mile route goes out to Kahala and back. However, shorter, or longer routes are available. Please see our website for

for details (www.mprrc.com) There have also been many requests for the return of the Perimeter Relay. It is an institution on Oahu that needs to be revisited, and I will try my best to make that happen. We are going to need a lot of support on this one.

Stay active by running in the parks, on the road, or the treadmill. While these may be hard economic times, and we are facing cutbacks in many areas, our health is not something we can sacrifice. I encourage you to continue to run or walk for 1 hour each day. And share the news with those around you. Our Club membership right now hovers at around 400. On an island with nearly 1 million residents, that seems way too low. I don't see why we couldn't double our membership this year. Running is truly an activity you can do every day for free, with little start up cost. All that's needed is a good pair of running shoes, some old workout clothes, sweat, and motivation. Our races can provide that. I also encourage you as a current member to become more active within the MPRRC organization. Rather than relying solely on the individual efforts of each Vice-President, I would like to see all the committees filled out. Collectively if we all pitch in, the less the individual effort, and the more efficiently we will operate. We are looking for 3 to 5 individuals for each of the committees: Race Operations, Volunteer/Membership, Treasury, and Public Relations. Please contact us if you would be willing to help us out in these areas. Experience is not necessary, we also welcome enthusiasm.

As I like to say—Live Life Healthy. Stay active, and see you in the park or out on the road.

Happy Running,

David Carlsson

OUR CLOSE TIES WITH HAWAII MASTERS TRACK CLUB

By Jack Karbens,

Editor's note: Members of MPRRC have asked several questions about the Hawaii masters Track Club. Current HMTc President Jack Karbens, who is also a MPRRC member, provides some insights.

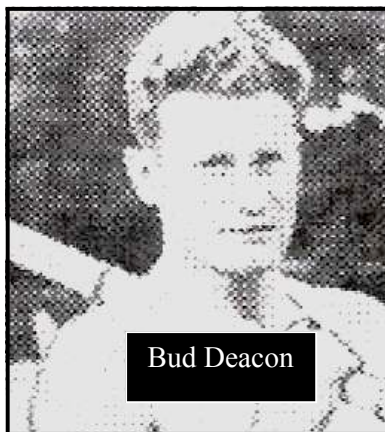
How and why was Hawaii Masters Track Club formed?

Hawaii Masters Track Club was founded in 1971 by a group which included leaders of MPRRC. The University of Hawaii installed an artificial Tartan track at that time. Road runners who had led MPRRC since 1962 were excited about holding measured miles and other track events. At that time most road races were staged from point to point with the purpose of hitting the finish line in total exhaustion and beating all competition. Times for such road races were secondary and not comparable with events held elsewhere.

Two key events led to the formation of HMTc. The book "Aerobics" by Kenneth Cooper was a best seller around 1968. Vigorous, all out running was found to be the best form of exercise for preserving physical fitness over a lifetime. In 1968 David Pain, an attorney in San Diego, created the Masters Track movement. He was turning 40 years old and was tired of having to compete with open athletes and getting no respect. The first several National Masters Championships were held in San Diego beginning in 1968. Men and women competed in five year age brackets beginning as submasters at age 30 and continuing as masters from 40 to 100+ years of age.

Who were the founders of HMTc, were they MPRRC members and what have they achieved?

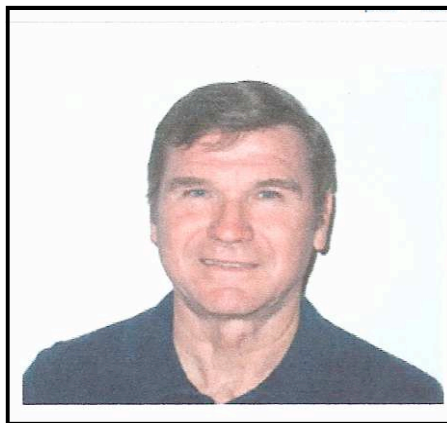
Retired Navy Commander Bud Deacon was a key founder. He was a MPRRC member and ran road races until his late 80s. Bud was a native of San Diego. He worked with David Pain in expanding Masters Track from San Diego to cities around the USA. Bud held the US pole-vault



record for one day in the 1930s. He had a pole-vault runway and pit in his back yard in Pacific Heights. He was a world record holder and champion at National and International Masters track meets in running, hurdling, jumping, and decathlon events

Several members of the Saint Louis School community helped organize HMTc. Norman Tamanaha, the most famous distance runner in Hawaii history and coach of Brian Clarke at St Louis, competed in HMTc meets as well as road races.

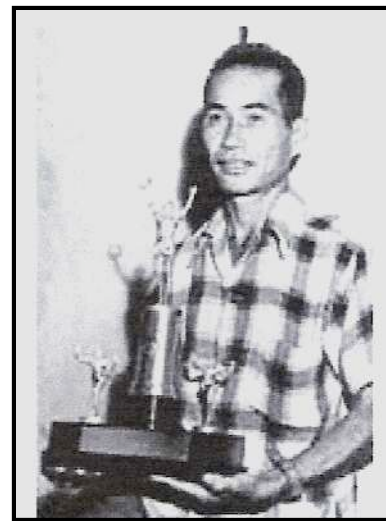
Mike Tymn, winner of MPRRC open division road races for over 20 years until his mid forties, organized HMTc meets in the early 1970s and attained world class times in mile, 3 mile, 6 mile and other track events



Mike Tymn

Richard Kahle, a native of San Diego, was President of HMTc during its formative year. His background as an attorney ensured that HMTc was organized properly. Rick was a member of MPRRC, a marathoner and a pioneer runner in the Haleakala Run to the Sun.

Faye Steele was another original decathlete in HMTc events. After retiring from the Honolulu Zoo, Faye ran 20+ miles across the Isthmus of Panama at a faster pace than he had run at age 20. The following year at age 66 he returned to run the same route through the jungle in both directions.



Norman Tamanaha

Tom Ferguson, MPRRC leader in the early 1970s was a regular at HMTc meets. Tom helped found the first Honolulu Marathon in 1973. In 1975 Tom was the AAU official in charge of certifying UH Men's track athlete Terry Albritton's world record in the shot put which was set at a meet at UH.

Harold Chapson joined HMTc in 1972. He became President in 1976. Harold became a world masters record setter in 400, 800, 1500, and

OUR CLOSE TIES WITH HAWAII MASTERS TRACK CLUB (continued)

3000 meters. He traveled to National and World meets with Bud Deacon and Edie Leiby. Harold dedicated many years to helping at the finish line of MPRRC and Honolulu Marathon road races. Harold set world records in five year age brackets into his 80s.

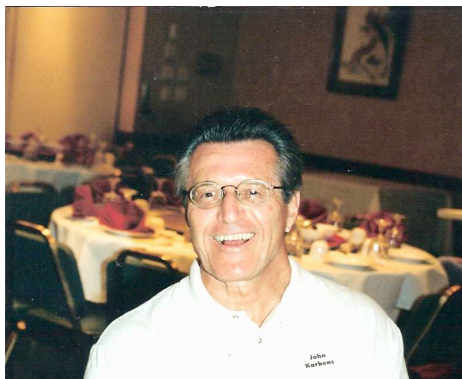
Ken Wheeler was a road racer and member of of MPRRC when he joined HMTc to make a comeback in the discus after a 40 year layoff. He became a champion 5000 meter runner, discus thrower and high jumper. Ken was President of HMTc for several years in the late 1980s. Ken could be found helping a MPRRC races for about 15 years.

The secretaries for HMTc over the past 25 years have included Edie Leiby, Adaline Crocker, and, presently, Joan Davis. All three have been very active in MPRRC. Joan and Adaline pioneered the race walk in Hawaii.. Adaline and Edie earned medals at National and International Masters Championships. Edie was instrumental in creating the Faerber's Flyers club for women who do an interval track workout on Wednesday evenings at UH

Jack Karbens has competed in HMTc and MPRRC events since 1972. He is MPRRC member number 75. He has been an officer of HMTc for about 29 of the past 34 years. He



Edie Leiby



Jack Karbens

has run several hundred MPRRC races, competed in about 700 track meets, ten Honolulu Marathons and won two National Masters Pentathlon gold medals.

Where and when does HMTc hold meets?

In 1971 HMTc was allowed to use the track every other Sunday morning for \$50 per semester. Moses Ome, UH men's and women's track coach at that time, was very supportive of HMTc. MPRRC hosted road races on the alternate Sundays. The first event of an HMTc meet was either a 6 mile, 3 mile, 1 mile, or 15 minute run. The stars of these meets included Norman Tamanaha, Mike Tymn, Johnny Faerber, Tom Ferguson, Ky Cole, Jim and Leah Ferris, the Hunky Bunch family, Joe Goo and other members of MPRRC.

When the UH dropped men's track in 1976, HMTc moved many of its track meets to Kaiser High School when a new artificial track had been installed. HMTc members met every weekend of the year for practice meets, championships, and prepared to compete in regional, national, and international meets. HMTc has hosted practice meets at UH and Kaiser on most Sunday mornings from 1976 to the present. HMTc has been a key founder of Aloha State Games and Hawaii Senior Olympics. Club members are track and cross

country coaches, official and administrators at high school, Junior Olympics, and UH women's track team members. HMTc members compete regularly in the UH Sunset Series All Comers meets.

Is HMTc tied to mainland organizations?

Yes. There is a network of USATF registered clubs throughout the USA which focus on masters track and field competition. Association, Regional, and National championships are held annually. No minimum performances are required to compete in USATF masters championships. The World Masters Association, WMA, stages international championship meets which draw over 6000 track and field competitors. The National Masters News is the monthly magazine which publishes articles, meet schedules, and results of masters track meets, road races, and race walks. The web site www.masterstrack.com provides daily updates of news, results, blogs, and schedules of upcoming events.

How do people learn more about Hawaii Masters Track Club?

Please go to the HMTc website www.hmtcgo.com to review the club newsletter, schedule of events, membership form, results of meets, and links to websites related to track and field. Anyone 30 years of age or older is welcome to join HMTc. Annual dues are \$25. Club members are required to pay \$30 annually to register annually with USATF, the governing body for track and field in the USA. The USATF registration provides athletes with insurance against some injuries while competing in meets. Throwing implements, starting blocks, and stopwatches are provided by HMTc.

Many road racers and distance run-
(continued on page 12)

Mid-Pacific Road Runners Club
Statement of Income and Retained Earnings
For the Twelve Months Ending December 31, 2008

	Dollar Amount	Percentage
<u>Revenues</u>		
Race Entry Fees	24,922.60	60.49
Membership Fees	4,830.00	11.72
Race Sponsorship Revenue	10,000.00	24.27
Singlet Revenue	610.00	1.48
T-shirt Revenue	666.50	1.62
Donation Revenue	120.00	0.29
Race Administration Revenue	<u>50.00</u>	<u>0.12</u>
 Total Revenues	 <u>41,199.19</u>	 <u>100.00</u>
 <u>Expenses</u>		
Race HPD	2487.03	6.04
Race Refreshment Expense	1009.97	2.45
Race Awards Expense	1963.84	4.77
Race Safety Expense	2,775.68	6.74
Race Shirt Expense	6,584.20	15.98
Race Advertising Expense	1441.25	3.50
Race Photography Expense	1,071.62	2.60
Race Misc. Expense	(213.59)	(0.52)
Race Equipment Rental Expense	42.27	0.10
Race Timing Expense	2,262.75	5.49
Race Misc Expense	233.91	0.57
Race Fees Expense	858.03	2.08
Meeting Expense	497.79	1.21
Tent Rental Expense	809.80	1.97
Office Supplies Expense	402.95	0.98
Telephone Expense	329.05	0.80
Fees and Dues Expense	2,223.53	5.40
Bank Fees Expense	507.62	1.23
Lost Receipts	748.00	1.82
Accounting Expense	200.00	0.49
Printing Expense	116.26	0.28
Newsletter Expense	1,888.24	4.58
Storage Expense	2,971.77	7.21
Web Hosting Expense	381.18	0.93
Donation expense	2,055.00	4.99
Travel Expense	789.79	1.92
Penalties Expense	<u>894.67</u>	<u>2.17</u>
 Total Expenses	 <u>35,332.64</u>	 85.76
 Net Income	 5,866.46	 14.24
Beginning Retained Earnings	<u>8,470.35</u>	
 Ending Retained Earnings	 14,336.81	 100.00

BOSETTI 10K RUN

THURSDAY, January 1, 2009 · Hawaii Kai

Top Male

1st	Steve Slaby.....	34:49
2nd	Andrew Taylor.....	37:32
2rd	David Carlsson.....	40:37

Top Female

1st	Shannon Cutting.....	43:29
2nd	Christal Cuadra.....	44:39
3rd	Mikelle Picardat.....	45:55

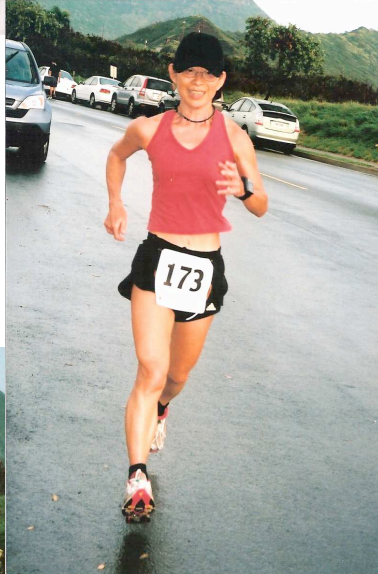
Number of Finishers.....97



Above (Left to Right)
David Carlsson, Andrew Taylor, Steve Slaby

On Right, Judith Inazu

Below, Shannon Cutting



Hi! Ray Woo here again

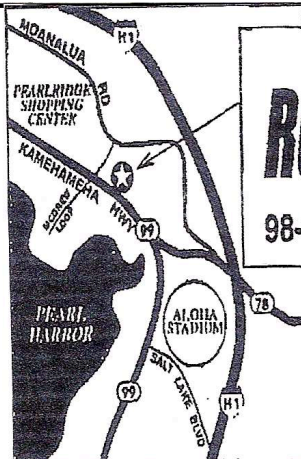
Just a reminder that road racing season is here again, with the GAR kicking off the year. For those who are interested in training for the Honolulu Marathon this year, the Honolulu Marathon Clinic will start their weekly training on March 14th0 at Kapiolani Park @ 7:30 AM and every Sunday after that.

It is put on by the City and County of Honolulu and is free to everyone. AND don't forget to join us on Tuesday afternoons @ 5:30 PM for our weekly fun run.

On a sad note, one of our fellow runners and a regular, Joe Allen, passed away March 1st. Our condolence to his family. We will miss him, may he rest in peace!

See you at the races!

Ray Woo



RUNNER'S HI
98-390 A Kamehameha Hwy

Aiea, Oahu, Hawaii 96701

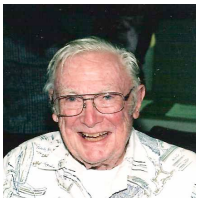
Telephone: (808) 488-6588

(Advertisement)

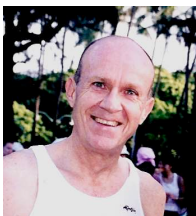
MEET OUR MEMBERS BY Lyle Nelson



SCOTTY ANDERSON took up running in 2005 with a 5K, graduated to the Great Aloha and then the Honolulu Marathon the next year. Born on the Peepeekeo plantation on the Hamakua Coast, he graduated from high school in New Jersey after stops at Punahou and Evansville, Indiana. After going to San Jose State he became interested in racing cars but never quite made it to Indianapolis. Today a manufacturer's rep, Scotty lives in Waialae Nui with wife, Karin. Scotty was elected 3rd Vice-President for Public Affairs at our recent MPRRC annual meeting.



BILL BEAUCHAMP a world traveler, was in Iraq just last year. He has done marathons on seven continents (that includes Antarctica), authored a remarkable book on key world leaders since Alexander the Great entitled, *Expanding Horizons*. He has visited many exotic locations highlighted in the book, such as the Silk Road of Central Asia. In World War II he served in the China-India-Burma theater. Bill was born in Brooklyn, attended high school on Staten Island, and Brown, Pepperdine and Southern Cal followed leading to a doctorate in education. Bill lives in Hawaii Kai. His wife, Diana, lives in Japan.



KEN BEST has run 128 marathons, including one in all of the 50 states and most Canadian provinces. Winnipeg is his next target. He started running in New York City in the 1970s inspired by the Jim Fixx book, reached Honolulu in 1984 and, on a dare, ran the Honolulu Marathon in 1993. Ken has many years in airline management in several cities including 21 years with Aloha Airlines. From Quincy, Illinois, Ken went to Cornell and Northwestern for an MA. His daughter lives in Zurich, his son in Long Beach. Ken lives in Kailua with wife Gere.



MARIE BOLES took up marathoning here at age 57, and enters many races while also volunteering to help in many more. Though once trained as a nurse, she has more experience as a free lance court reporter, mostly in San Francisco. This Philadelphia lady even did a hitch with the Marines serving as a secretary to a general in San Francisco. She also liked working in Washington D.C. Marie, single lives on Piikoi Street.



KEITH HIGA works with computers at HMSA. He has done nine marathons locally. Keith is from Honolulu, did not run at Punahou, lives in Kailua. This bachelor majored in math at Lewis and Clark in Portland, Oregon. He took up running in 1998.



BRIAN MOORE, like Bill Beauchamp, is a seven continents marathon runner who took up running 17 years ago. Born in Brisbane, Australia, Brian has lived in Hawaii 30 years. He's in the taxi business, lives on a yacht in the Ala Wai Boat Harbor. His toughest test was the 37-miler run up 10,000 foot Haleakala. His girlfriend Tazuko Takao is also a runner.



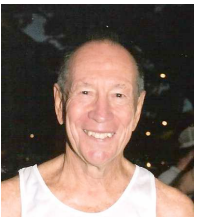
KELLI LYAU has taken her marathon running adventures abroad, to Boston twice plus the Rock and Roll, the Grandma, the Silicon Valley and the Tuscon, among 14 finishes. Kelli graduated from Mililani High, Northern Colorado in Greeley and received her MA at UH. She has been a math teacher at Kamehameha for 16 years. She took up running in 1995. She and elite runner husband, Jonathon, live downtown, have two children.



TOM KNOLL is the king of the ultras having run across North America not once but twice—going from Washington D.C. to Burbank, CA. and, later, from San Diego to Washington D.C. sometimes averaging 46 miles a day. Tom took part in the original Ironman held on Oahu in 1978 (later moved to Kona) From Milwaukee, Tom spent 33 years in the Marine Corps and 15 years in military intelligence as a civilian mostly in Thailand. Tom once did 500 miles in a week running around Okinawa. He does these long runs to raise money for charities augmented by the sale of his book, ‘Why not a Million?’ which is his lifetime goal. So far he has raised over \$800,000. Tom graduated from Chaminade, attended, Pepperdine and USC. Tom lives in Waikiki has done 185 marathons/ultras.



LYLE NELSON has done 20 marathons and about 280 road races located coast to coast. Born in Ann Arbor, Michigan, the Navy brought him to Pearl Harbor in 1944. After a BA at Michigan he spent 30 years as a reporter-columnist with the Honolulu Star-Bulletin. Since 2004, two books he has written about American presidents have been published, the three volume work is in libraries here and on the Mainland. He and wife Arlene have lived in lower Manoa for 53 years. Their two children are in Honolulu.



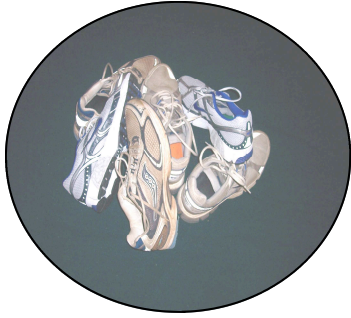
CHUCK STRANG divides his year between an apartment near the Ala Moana Shopping Center and Western New Mexico University where he is a retired professor. Born in Mineola on Long Island, he ran the 440, on relay teams and cross country in high school, later went to Virginia Tech. His life as a Lt. Colonel in the Army took him to Vietnam twice, plus four major bases on the Mainland, often as an instructor or combat unit leader. He has run in numerous events and has taught business subjects at both UH and Chaminade. He was recently in the Marquesas for hiking, scuba diving, and horseback riding. His wife is Carrol and of his three children, one daughter is on the faculty at Annapolis.



BOB HENNINGER was born in Pasadena, CA. He graduated from Cal Berkeley. Bob did not do track there but was a baseball and volleyball letterman (lost to UCLA) and sold team sports equipment for several years. He and his wife, Rosemarie, came to Hawaii in 1960 where he owned a commercial sound system contracting business for over 30 years. Now retired, he has done 21 marathons and won the 2008 outstanding runner award for his age division. Bob is also editor of the MPRRC newsletter. He and Rosemarie and son, Charlie, live in Foster village.



SIEGRIED RAMLER, a veteran runner of more than 30 years, is also a world traveler. Some trips were connected to his teaching days at Punahou and others to consulting work done currently at the East-West Center. Sig was born in Vienna, survived the London blitz in 1940, and was a German translator for the Allies during the Nazi trials at Nuremberg. At Punahou, he taught French and German, later became Director of Curriculum, and founded the Wo International Center there. His autobiography entitled ‘Nuremberg and Beyond’ will be available soon. His deceased wife, Piilani, was from Hilo; his current wife, Kiyoko, is from Osaka and they met in Tahiti. They now live in Maunawili.



SHOES !!! By KIT SMITH and contributing members of the Mid-Pacific Road Runners' Club

No piece of running gear ranks as more important than shoes. And probably every runner of any ability has a shoe story to tell. But try topping this one

Chuck Strang, 77 years old and a Boston Marathon veteran, had arisen early before last December's Honolulu Marathon, his running outfit laid out. The prospect of rain worried him. I'm not keen about getting my best running shoes soaked and muddy, he thought.

So he laced on his second-string pair before going to the starting line. About halfway through the run, it hit him. He had failed to transfer his timing chip to the substitute pair. What to do?

Inquire at the finish line, he was advised. But no luck there, although he was able to collect a finisher shirt. So he wrote to marathon headquarters. Again he was told, sorry there is nothing we can do.

Actually, Chuck wasn't all that interested in getting an official time. It took him almost 7 hours to do the 26.2 miles (vs. 3:10 in Boston three decades ago). What he really wanted was a finishers certificate so he could claim a free extra shirt at the 2009 Honolulu Marathon registration.

Given Chuck's yarn, we thought it would be fun to ask MPRRC members to share their thoughts on their running shoe use. A questionnaire was sent to everyone having an e-mail address on file.

These thoughts came from the two swiftest among respondents—both active in MPRRC leadership

Andrew Taylor, age 29, who is

always at or near the front in local races (his marathon personal record, though, at Sacramento Cowtown last October—2:39:22).

"I use four or five pairs a week—a pair at work, three at home and and two pairs at my mother's.. I run 11 times a week." When does he discard a pair? "I log the miles per shoe but mostly base it on feel. Once a shoe doesn't support my foot, I throw it away. I usually run shoes into the ground. At that point, they are beyond wearable."

Andrew, who is studying for a Ph.D. in chemistry at the University of Hawaii, recently was reelected as MPRRC 2nd vice president/administration.

Craig Knohl, 49, a health/physical education teacher at Kahuku high and intermediate schools. His marathon PR: "in the low 2:40s" in Honolulu in 1986—"the year of the great weather." (He has lost his finisher's certificate).

"I alternate between two pairs of shoes during the week. That doesn't count racing shoes. I sometimes train twice a day when training with my cross country or track members.. Basically I buy what is cheap and feels good. I try to make shoes last at least two or three months, which can be 600 miles or more."

Craig is MPRRC's new president-elect after the new administrative year.

Ron Heller, 52, who practices tax and business law with Torkildson Katz Moore Hetherington & Harris, says:"I don't worry about 'motion control' or 'stability' or 'pronation.' My first question is, 'does it come in widths?' If the answer is no, forget it. I wear a 7.5 in 5E width. This rules out more than 80% of the shoes on the market"

To **Patrick McMullen**, a retiree who has done five marathons, it's all

about ankle support. "I need strong stability for pronation and weak ankles. For me the more expensive shoe sometimes is not the better shoe. I've found that to prevent 'black toes' I have to get 1/2 size larger..."

Mike Moore, 45, IT director for Paradise Cruise, usually buys the same brand. "After test-jogging a few prospective new shoes at the store, I almost always end up buying that brand. It's more a matter of 'risk avoidance' than loyalty. I presume it's safer to know what to expect than to risk disappointment."

Blandon "Kainalu" Pic'l, 40, a former Aloha Airlines pilot, now flying with the Navy Reserve, Kainalu wears three or four different pairs of shoes on his eight runs each week. He chooses each pair "for quick runs/races/medium runs, for track or for training runs."

Surely no runner in Hawaii has kept better record of individual shoe usage than **Bart Mathias**, a septuagenarian—MPRRC's race timing and statistical chief. His running log's first entry was dated Feb. 1, 1979: "Wore a pair of Nike Oceanics, purchased on sale for \$23 at Robins at Ala Moana." He says today: "It seems I gave them up after Jan. 31, 1982, at which time I thought they had 1,727 miles on them." By far his favorite shoe purchased over the years: the funky Nike Frees. He bought one pair in 2005, another (a new model, not as good he says) in 2006. Alas, he says, Nike quit making them after 2006 (critics said they might cause injuries).

Halina Zeleski, MPRRC secretary, is troubled by the manufacturers' constant updating. "I am convinced that finding a pair of shoes that I really like becomes a challenge to the manufacturer to change it.

SHOES (CONTINUED)

“I can temporarily foil them by buying a second pair immediately.”

Halina is an extension specialist at the University of Hawaii, Department of Human Nutrition, Food & Animal Sciences.

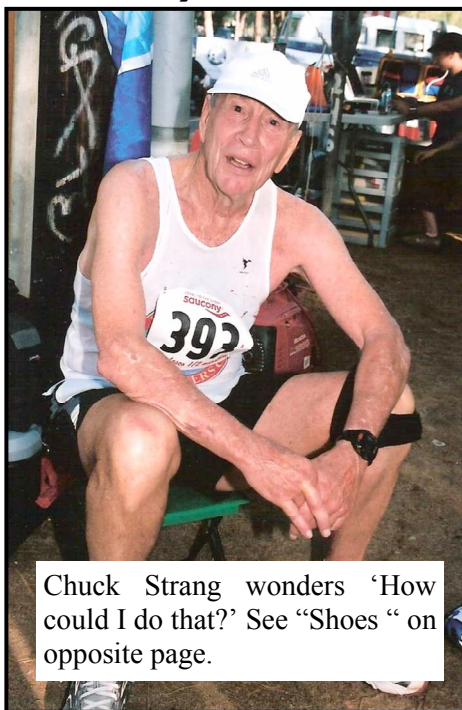
Cheryl Bennett, 58, a Kamehameha Schools teacher, offers this anecdote: “I was training for my first half marathon. In the fall we vacationed at Lake George, NY—a perfect place to run—hills, autumn leaves, the beautiful lake. I got up early to do an 11-mile run around the lake. When I went to put on my shoes, I realized I had two left shoes! This happened because I rotate my shoes and they are identical....I was so disappointed! Now I pair up my shoes properly and place them in different sections of my closet.”

Eric Osaki, 36, a sales engineer, may be the size champ among the respondents—14EEEE. “I want something that allows my big wide luau feet to be comfortable. He once wore Puma 16XW, he reports. Eric, unlike most runners, affixes personal ID on his two main pairs of shoes “because I was hit by a car doing the Johnny Faerber 10K in 2007.”

Ken Best, 65, a retired Aloha Airlines executive now working as a state representative aide, normally alternates between two pairs of shoes for his four weekly runs. He uses lighter shoes for races. “I once read that performance shoes save two seconds per mile.” He has no superstitions about shoes “but prefer to run races in clean, washed shoes.”

Allison Krug, 37-year-old mom of two sons (4 years old and 10 months), reports “I seem to wear out shoes more quickly pushing a jogging stroller (a two seater now) than I did running on my own. “Increased friction maybe?” I buy any shoe that is comfortable and costs less than about \$80.”

Yvonne Yim, operations director at the Human Behavior Institute-



Chuck Strang wonders ‘How could I do that?’ See “Shoes “ on opposite page.

Hawaii, estimates she has gone through about 10 pairs of shoes in 10 years of running. “Before marathon training, I do 15 miles per week, during marathon training up to 20 to 25 miles per week. I am blessed with a great pair of orthotics I reward myself with a new pair of shoes right before the marathon—so I am running in a new shoe at the race. I was told that would be OK and it has been OK.” Has she any superstitions about shoes? “No, but I am stuck on lacing them a certain way”



Kit Smith, retired Honolulu Advertiser financial writer has completed over 40 marathons.

‘SLIPPAH MAN’

Editor’s note: No article on shoes would be complete without mentioning Naoto Inada, “Slippah Man,” age 87, winner of MPRRC’s 2008 Outstanding Runner award for his age division (85—89)

Naoto solved any shoe problems he may have had by simply not wearing them. He likes it that way.

Yes, Naoto did wear shoes years ago. He was a nationally ranked runner and still holds many age division all-time records for MPRRC races



Naoto Inada

VOLUNTEERS NEEDED (ALWAYS)

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

THANK YOU!

OUR CLOSE TIES WITH HAWAII MASTERS TRACK CLUB

By Jack Karbens (continued from page 5)

ners are intimidated by the thought of being beaten in a track meet or comment that they do not like running around in circles on a track. HMTTC has worked over the years with different organizations including MPRRC in staging 5 kilometer and ten kilometer races, 15 minute and hour runs. Lap counters are needed for these races. Annual masters championships for these distances held on the UH track are a goal of HMTTC. Thank you for allowing MPRRC members to learn about their first cousin, HMTTC



Hawaii 4 x 400 meter relay gold medalists at the National Masters Championships, Eugene, OR 2003 (Age division 60-69).

(Left to Right) Geoff Howard, Lionel Low, Sai Ching, Jark Karbens

Earlier, Sai Ching had won the individual 400 meter national championship, age division 60-69.

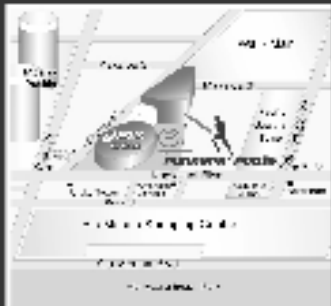
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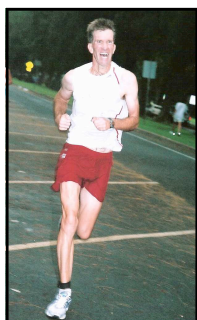


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RUNNING THE LOOP by Bob Henninger

MPRRC 2008 OUTSTANDING RUNNERS AWARDS



Joseph Allen

Joe Allen, MPRRC member died March 1, 2009, Joe was retired from the Air Force and was a

computer specialist for the Pacific Fleet. Joe lived in Foster Village with his wife and daughter.

A 'Thank You' to MPRRC

Ron Demyan, of Akron, Ohio sent a note to Tesh Teshima thanking him for the photos Tesh gave him and asked that we extend his thanks to the club for putting on the race (Bob and Ron's 5K) he ran while he was in Honolulu. He enjoyed it very much.

Race Against Violence 5K

Connie Comiso-Fanelli will again put on the Race Against Violence 5K in Manoa Valley starting by the Rec Center. The race starts at 7:00 AM on May 24th. There will be 5-year age divisions to 85 years and over, and strollers. Regular entries are \$25 but if nine entries are entered together the entry fee is \$20. All net proceeds will benefit the Domestic Violence Clearing House organization.

There will be lots of prizes with the grand prize a Felt Café bicycle donated by I·T&B.

If you would like to help with the race or want more information, call Connie at **225-9775**

Corrections

We goofed twice (at least) in the last issue. We said **Shirl Alvaro** is unmarried when we should have said married and we said **Kenneth Young** of GP Roadway Solutions had sons, Taylor and Whitney when we should have said daughters, Taylor and Whitney. We apologize!



Connie Comiso-Fanelli
2008 Female Outstanding Runner

Female Age Division Winners

Kelli Lyau	40-44
Carole Higa	45-49
Yvette Flynn	50-54
Judith Inazu	55-59
Eileen Ward	60-64
Joy Schoenecker	65-69
Ellen Humphrey	80-84



Craig Knohl
2008 Male Outstanding Runner

Male Age Division Winners

Andrew Taylor	25-29
Kane Ng-Osorio	30-34
Pete Boksanski	35-39
David Carlsson	40-44
Doug Tonokawa	45-49
Kenji Iwasa	50-54
Tom Craven	60-64
Kit Smith	70-74
Bob Henninger	80-84
Naoto Inada	85-89

Running Across America

Tom Knoll (see *Meet our Members*, p9) has agreed to write a series of articles especially for the MPRR Newsletter detailing his journeys across the United States. This will let all of us share in what is a very unique experience. The articles will begin in our June issue.

Tom is also a member of the 50 States Marathon Club. He is joined by Tom Craven as two of four Hawaii members. Nationally, the club has some 1,700 members who have completed over 103,000 marathons to date. The club website is www.50statesmarathonclub.com.

MPRRC Annual Meeting

The annual Mid-Pacific Club meeting was held at the Kilauea Recreational Center on Friday February 20, 2009.

Election of Officers was held. The new slate of officers led by President David Carlsson is listed on back cover of this issue.

New faces include Craig Knohl, President Elect, Scotty Anderson, 3rd Vice-President (Public Affairs), and Kainalu Picl, Treasurer.

Dick Sutton has replaced Bill Burgess as our Club attorney. We want to thank Bill for all he has contributed throughout the past years.

BOB & RON'S 5K RUN

Sunday, Jan. 11, 2009 · 7:00 AM · Kapiolani Park

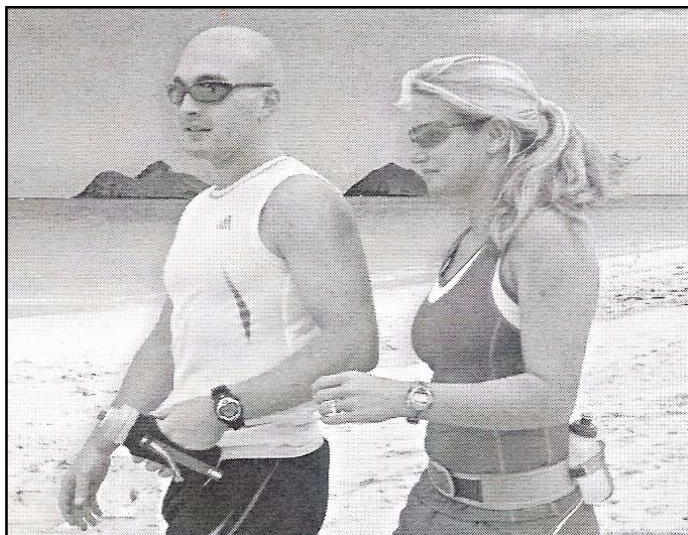
Top Male

1st	Steve Slaby.....	16:05.0
2nd	Andrew Taylor.....	17:00.2
3rd	Geoffrey Washburn.....	17:56.8

Top Female

1st	Gina Shaw.....	18:54.0
2nd	Kristin Ali Keith.....	19:50.2
3rd	Bre Millard.....	19:52.0

Number of Finishers.....112



**FLEET
FEET**
Sports
KAILUA



(Left to Right) Gary Fanelli Jr., Gina Shaw, Steve Slaby
Connie Comiso-Fanelli



(Left to Right) David Carlsson, Kristin Salinas, Ariel
Salinas, Mike Taratko

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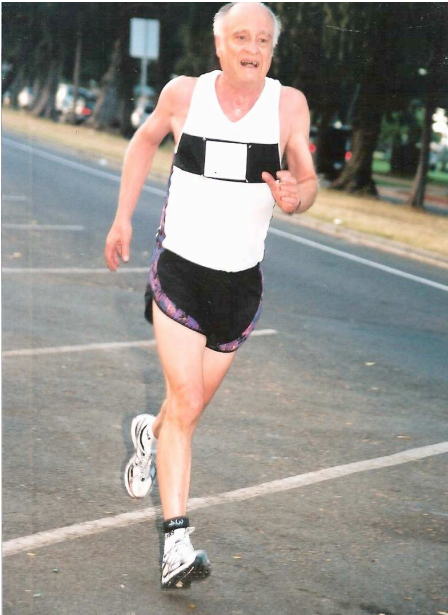
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HAROLD CHAPSON MEMORIAL 8K RUN

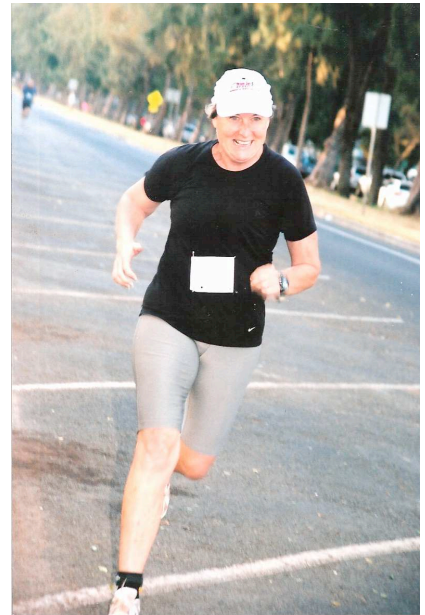
Sunday, February 8, 2009 · 7:00 AM · Kapiolani Park

Top Male		
1st	Justin Pines.....	28:34.7
2nd	Jonathan Lyau.....	28:53.4
3rd	Eric Kollai.....	29:44.7
Number of Finishers.....		128

Top Female		
1st	Kelli Lyau.....	36:13.7
2nd	Karen Dixon.....	37:13.6
3rd	Michelle Simmons.....	38:07.8



Left: Bill Cunningham
 Above:(Left to Right): Karen Loomis,
 Shirly Alvaro, Paula Carroll
 Right: Beth Blackburn



OTHER SCENES



Bill Beauchamp weathers the storm



Chris Mewhort makes sure you turn



Buffy Whitman has company

Mid-Pacific Road Runners Roster of Club Officers

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

President.....David Carlsson321-1802	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 (Race Operations)	Lyle Nelson.....941-1988
2nd Vice-President.....Andrew Taylor.....927-0284 (Administration)	Kim Jacobsen.....737-8747
3rd Vice-President.....Scotty Anderson.....737-7317 (Public Affairs)	Kit Smith.....395-9535
4th Vice-President.....Joan Davis.....535-9070 (Volunteer Support and Equipment)	Chuck Strang.....955-1359
Secretary.....Halina Zaleski.....349-1984	Submit newsletter pictures/articles to: 4334 Hakupapa St., Honolulu, HI 96818 (or) Rshennin01@cs.com
	Legal Advisor.....Dick Sutton.....255-2606
	Webmaster.....Bart Mathias.....732-3061
	USA T&F.....Dick Sutton.....255-2606
	RRCA Rep.....Joan Davis.....955-9070

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