



The Mid-Pacific Road Runner



Post Office Box 2571 · Honolulu, Hawaii 96803 · www.mprrc.com · Vol V III Number 2 · Summer



Naoto Inada, 88, races beyond the speed limit

Feature articles: Naoto Inada (see page 4)
Tom Knoll takes us across the USA (see page 8)

THE PRESIDENT'S FORUM

Aloha Mid-Pac Members,

Many of you have noticed from the MPRRC webpage that the Board of Directors has changed slightly since our annual meeting. I have taken over as President, but will still be implementing a lot of Dave Carlsons good ideas. Dave will still be working closely with the Board and you will still find him leading the weekly Mid-Pac runs.

The spring races were a success and even with our low race pricing, we managed to make a little money. We have more races spread out through the fall, including the popular Marathon Readiness Series. 808 Race will continue to manage the Series this year and has been distributing applications (*Editor's note: a Series application form is on page 6 of this newsletter*). I was pleased with their efforts last year and thought they put on a great series—



Andrew Taylor

including well marked courses, safe intersections, and refreshing aid-stations. I have been in contact with 808 Race and agree that things will be even better this year.

Along with becoming president, I have taken over the reigns on the club website. Bart Mathias has done a wonderful job of maintaining the site over the years, and I thank him for it. I'd like to make a couple of small changes - such as including

course maps on all of our races, and links to applications. Make sure to check out the website for the latest information on the Aloha State Games 10K and the Lanikai 8K. Last year we were forced to change the sign-up location for the Lanikai 8K. It was a last minute thing, and we were lucky to have Lanikai Elementary School as a fallback. Keep that in mind this year, even though we are hoping to reserve the boat ramp location (as it has been in previous years).

If you have any suggestions for the board of directors, website, or anything else, please e-mail me at : amtaylor@hawaii.edu.

Andrew Taylor
MPRRC President

2009 MPRRC Summertime Races

Sunday, June 21, Aloha State Games 10K, 7:00 am, Kapiolani Park

Aloha State Games includes track and other events. Check website for complete listings.

Sunday, July 12, Lanikai 8K, 7:00 am, Kailua Beach

Dr. Joyce Cassen sponsors this race in memory of her deceased son, Daniel Levey. This includes T-shirts for all runners, Starbucks coffee, smoothies and moiré.

Sunday, July 19, Kailua Beach 8K, 7:00 am, Kailua Beach

There will be a pot-luck luncheon and informal club meeting after the race.

Sunday, August 16, Norman Tamanaha 15K 6:00 am, Kapiolani Park

The first race of the Marathon Readiness Series.

IMPORTANT NOTICE!

All annual club memberships expire June 30th!

It is time to renew your annual membership. You will find a membership form on page 10 of this issue.

Forms are also on our website (www.mprrc.com) and are being mailed to members who do not have an e-mail address,

Please note that each member must sign a renewal form because of the affidavit included.

The Club is growing and more activities such as our weekly runs are in the works.

If you have any questions contact Paula Carroll, our membership director, at (808) 375-0917.

MEET OUR MEMBERS By Lyle Nelson



JONATHAN LYAU was a standout distance runner at McKinley High prior to his first Honolulu Marathon in 1979. Since then he has won countless road races around Oahu. Lyau, a candy wholesaler also active as a running instructor, has completed marathons including Boston, Chicago, and Rotorua on the North Island of New Zealand. Born in Honolulu, Jonathan and wife Kelli, also a fine runner, have two children and live near Ala Moana Park.



DAVID RARANGOL shares a distinction with very few people—he was born aboard the President Cleveland sailing from Manila to Honolulu. After retiring from the Army in 1975, David ran the Honolulu Marathon in 1978, and now has done 33 with a 3:48 best time in 1983. David and his wife raised three children in Waipahu. After his Army career, Rarangol worked for about 30 years at Pearl Harbor, Tripler, and Waipahu High School.



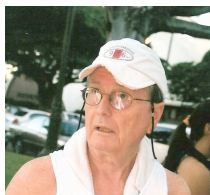
WAH BERMAN played tennis for years before trying marathoning. Now she's added Boston, Haleakala and the Volcano to her resume. She works for the State Health Department, specializing in TB cases. Wah, husband Jeffrey, and two children live near Ala Moana Park. Wah was born in Cholon, the Chinese district in Saigon.



JOYCE CASSEN is a race walker and normally walks two miles every day. She works as an optometrist in Aiea. Her husband is Norman. Daughter Sara is a runner and recently graduated from the University of Michigan. Joyce herself was born in Ann Arbor when her father was in graduate school there. She lived in Lansing and Cleveland before coming to Hawaii 24 years ago. Joyce sponsors our Lanikai run in memory of her son, Daniel.



KIT SMITH has completed 41 marathons including Boston, New York, Minneapolis-St. Paul, Anchorage, Philadelphia, Chicago, Los Angeles, San Diego, London, Scranton, Bath to Corning in New York, and the Redwoods run in California. Born in Honolulu, Kit played tennis at Punahou, played trombone in the Princeton marching band (which put him on the front cover of Sports Illustrated), did grad work at Stanford and spent 24 years as a writer for the Honolulu Advertiser. Kit and wife Margie live in Hawaii Kai. Two children live on the Mainland.



JOHN SIMONDS has served as MPRRC president and race director, and man on the bullhorn at the starting line since 2001. He began running in 1987 to lose weight, trained under Brian Clarke. His 13 marathons include Maui twice. He had 45 years in the newspaper business at both Honolulu dailies plus papers in Washington D.C., Providence, Indiana and Ohio. Born in Boston, John graduated from Bowdoin in Maine, lives in Aiea with wife Kitty.

NAOTO INADA · Always dedicated from speedster to “Da slippah man”

By Kit Smith

Looking today at Naoto Inada, a lean 88-year-old known for his warm smile, quiet persona and the slippers he wears in all races including marathons, you might be surprised that:

- In his prime, wearing running shoes, he won dozens of age group awards and even earned national ranking in certain distances.

- He took up running not out of competitiveness but simply to lose weight, by doing noontime runs on workdays.

THE START OF THE STORY

Naoto’s running career began in 1969, at age 48, after he joined the City & County department of Parks and Recreation as a staff architect (he was later promoted to supervisor).

“I was getting too fat—165 pounds,” he says. “I wanted to lose weight.”

Back then Parks & Recreation shared the Police Department Building (the former Sears store) on Beretania Street. The rooftop provided a place to run. So, during his lunch hour, Naoto would run rooftop laps totaling one mile. After zipping once to a 6-minute mile, he set that as a standard to shoot for.

Thinking efficiency, he spray painted his running shoes black, so they could double as work shoes. That drew smiles.

Later, when Parks & Recreation moved to the Municipal Building near downtown, Naoto dropped his noontime runs—for several years. No surprise: unwanted pounds returned. So he returned to the lunch-hour drill, switching his venue to Thomas Square, running five laps inside the sidewalk—again, about a mile..

Meanwhile, other runners noticed his faithfulness and suggested he do local road races. He responded, big time. He found himself doing a race virtually every weekend, sometimes



Naoto with MPRRC Outstanding Runner Award

two per weekend. In time he slimmed to 130 pounds. His addiction became official with his running of his first Honolulu Marathon, in 1980.

Two weeks before the marathon, to test his preparation, “I ran the distance, as a training run,. So I figured I was ready.” In 1981 at age 60, running his first official marathon, he did 3:23:44 placing him 13th in the M60-64 division.

Quickly he started posting other impressive times, at all distances. In his mid-60s, he did times, for example, of:

- 5K — 19:02
- 10K —39:11
- 15K —1:01:55
- Half-marathon — 1:30:33
- 30K —2:12:16
- Marathon —3:21:46

The 15K and 30K times were the third best nationally for those distances in the years he ran them, notes an article by Connie Comiso in Hawaii Runner’s Life.

In 1984, son Elton teamed with his dad in the father-son category in the Honolulu Marathon. Youth did not prevail; Elton’s very good time of 3:54:51 was easily beaten by his 63-year-old dad’s 3:23:23

Says Elton: “Years later it occurred to me that his early speed workouts, with no long distance runs, may have been a base that helped him in his road racing when his competitors were all ‘long slow distance’ trained. Similar to the stories you hear of milers moving to the 5K and 10K runners moving up to the marathon.”

Elton adds this fun story: “Dad appeared briefly in an episode of ‘Dog the Bounty Hunter.’ In it Dog’s wife is training to run a 5K for the first time. Then during the actual race she comments that even an old man in slippers passed her. At the end of the show dad poses for pictures with her...”

DA SLIPPAH MAN

Naoto’s running in slippers stems from his adding swimming to his noontime training back in the ‘80s. This came as he turned to triathlons for fresh challenge, training for swimming at Ala Moana Park. At the beach, slippers proved much easier to slip into and out of. He had another practical reason for adopting slippers. “I have very wide feet—short and wide. Most stores don’t have shoes in size 5-1/2 EEEEE.”

So all the years he wore running shoes he had to buy shoes theoretically too long for his feet, to add width. His turn to slippers exclusively also reflected his decision to run less competitively, and to race less often. He had “heard rumors,” he says,, “that runners have shorter lives if they overstressed themselves.”

“I decided I wanted to live longer and not run as much.”

In his latest Honolulu Marathon outing, last December, wearing slippers and walking, he recorded a time of 10 hours, 39 minutes. That was far behind his PR, of course, but it did get him age group honors, 3rd of three men age 85-90.

(Continued on page 5)

NAOTO INADA ...

(Continued from page 5)

PERSONAL HISTORY

Naoto was born in Kahului, Maui. He was the middle of five children. Two of them are living, one, Mabel, is still on Maui. Naoto now resides in lower Manoa with his wife Yasuko (or Betty). They have three sons — Dean, Elton, Nathan, and a daughter Iris. Elton and Nathan both are “lapsed” runners.

During World War II, Naoto attended the University of Hawaii and then joined the U.S. Army, stationed at Schofield Barracks. After the war he volunteered to go to Japan, where he served among other things as a interpreter. With the help of the GI Bill, he earned a graduate degree in architecture from Harvard University.

In Naoto’s professional life, perhaps his most noteworthy achievement came in his design of the Punahou Circle apartment building. Little



Naoto in his running shoes days

did he know one of the apartment units would become home for Madelyn Dunham, who raised grandson Barack Obama there during his Punahou School years. Punahou Circle has become a must-see stop for Obama based tours of Oahu and a move is afoot to add it to the National Register of Historical Places.

Naoto retired from his work at the

feeling bored in watching TV and doing word puzzles. So his workouts remain important. Each day he goes to the Punahou School track — less than a mile away — to do a 5K drill. He figures that 13 laps achieves that. He walks all but the last 50 yards, which he runs.

One of the benefits of running, Naoto says, “is that you meet lots of people and make friends.” Naoto’s closing advice: “Run for your health, not for winning, not for medals. Your own health comes first.”

(Editor ’ s Note)
Kit Smith is a seasoned runner and winner of many awards See page 3 for a Meet Our Members thumbnail sketch of him in this edition of

runners route

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NIKETOWN
HONOLULU



Race #1 August 16th (Sun) - 6am - AT KAPIOLANI PARK
BLUE HAWAII Norman Tamanaha 15K

Race #2 September 6th (Sun) - 6am - AT BARBER'S POINT
RUNNER'S HI 20K

Race #3 September 26th (Sat) - 6am - AT KAILUA BEACH PARK
Starn O'Toole Marcus & Fisher 25k

Race #4 Sunday Oct 25th (Sun) - 5am - AT KAPIOLANI PARK
NIKETOWN 30K

Race #5 Sunday Nov 8th (Sun) - 5:30am - AT KAPIOLANI PARK
Saucony Val Nolasco Half Marathon



www.808RaceHawaii.com

Mail entry to: 808 Race Hawaii, 330 Cooke Street, Honolulu, HI 96813

Last Name _____
 First Name _____
 Address _____
 City _____, State ____
 Zip _____, Phone _____
 Email _____
 Gender(circle) M or F age on Dec 31st _____
 Shirt size (circle) S M L XL

Event Waiver:
 By signing this form I release 808 Race LLC, Mid Pacific Road Runners Club, Boca Hawaii, staff and sponsors from claims or liabilities arising out of my participation in this event including pre- and post-race activities. I give permission for free use of my name voice, or photo in any broadcast, telecast advertisement or promotion of 808 Race LLC, Mid Pacific Road Runners Club, or Boca Hawaii LLC.



Signature _____

Signature of Parent/Guardian if under 18yrs of age _____

Date _____

Mail in Application
 or enter online later in the year at www.active.com
 More info at www.808RaceHawaii.com

JOHNNY FAERBER 10K RACE

Sunday, March 8, 2009 · 6:00 am · Kapiolani Park

Top Male

1st	Brandon Laan.....	33:11
2nd	Todd Iacovelli.....	33:44
3rd	Matthew Stevens.....	34:18
Number of Finishers.....		258

Top Female

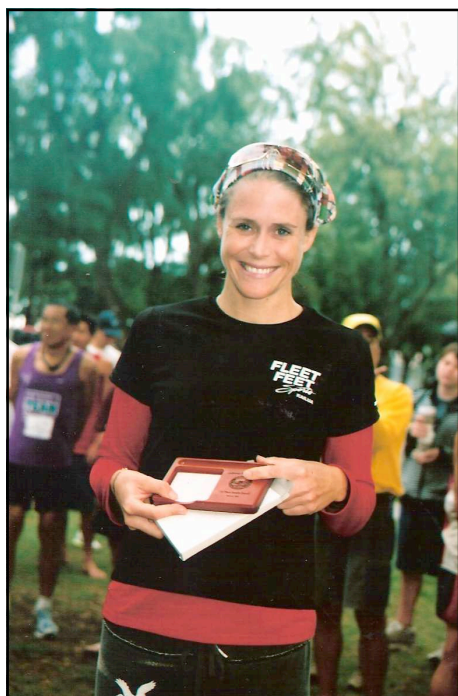
1st	Rachel Ross.....	40:36
2nd	Kimberly McLean.....	44:03
3rd	Karen Dixon.....	46:27



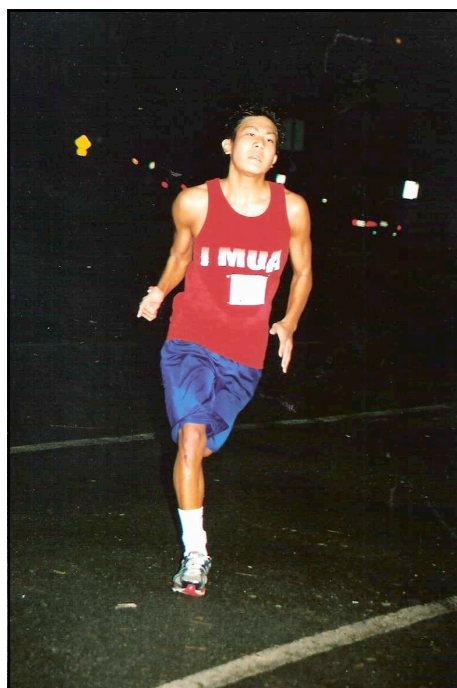
Faerbers Flyers



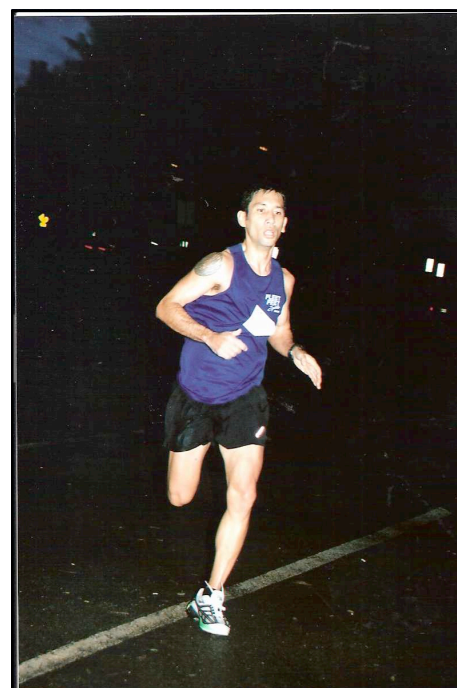
(L to R) Matt Stevens, Todd Iacovelli, Brandon Laan



Rachel Ross



Kyle Anthony Nakatsuka, from Kamehameha, 1st Age 15-19



Kainalu Piel, Treasurer of MPRRC

TOM KNOLL TAKES US ACROSS THE USA By Tom Knoll (Getting started: Part 1 of 3)

In July 2007 I was in San Diego, CA teaching English and Math courses aboard the aircraft Ronald Reagan. My son, Warren, called me from his office in Cudahy, Wisconsin and said that he, along with his business partners, Bert Krawzyk and Mickey Rzymek, were planning to organize a cross-USA charity run in 2008. Their business, "U.S. Multi-Sport Athletic Events, Ltd." would put on the event. The charities that would benefit from the run were, The Challenged Athletes Foundation, The Sunshine Foundation (Make a Wish). And the Wounded Warrior Foundation.

Warren was going to run the total distance and hoped to bike the total distance as well. He asked me if I would be interested in doing the run. I said, "Sure". The running would amount to 30 miles a day with some off day media breaks. In 1983 I had completed a cross-USA charity run of 2,900 miles for The Sunshine Foundation in 64 days at 46 miles a day. I didn't foresee 30 miles a day over a four month period to be a problem

I would not be involved in the route. I was told that it would start in San Diego and then go through the major cities of Phoenix, Albuquerque, Amarillo, Oklahoma City, St.

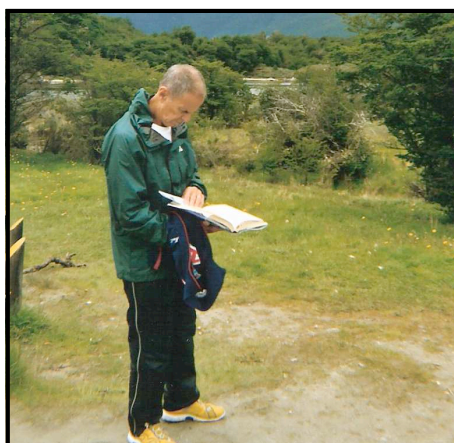


Above: Tom training with Gordon Duggan in Honolulu. Center: Tom in South America prior to USA Run

Louis, Indianapolis, Cleveland Lake Erie, Philadelphia, Baltimore, and finishing in Washington, D.C. A lot different than my first route which started at Washington D.C., going to Philadelphia, and then straight across the USA to Los Angeles, CA.

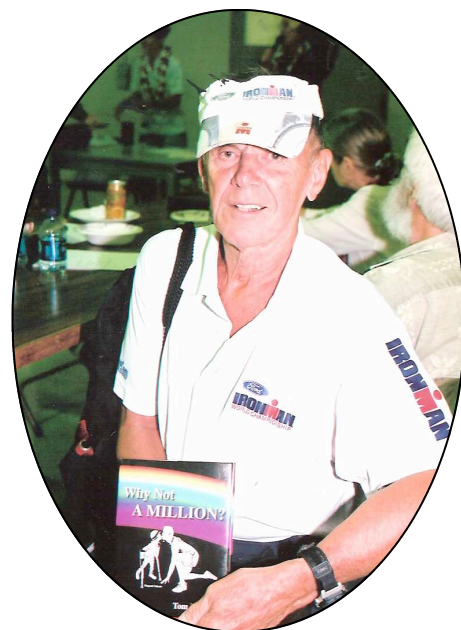
A lot of thought would be given to choosing a good time to start the run weather conditions the prime concern. We decided on a starting date of 1 March in San Diego and finishing 4 July in Washington D.C. This meant that I had seven months for training and to get all personal affairs arranged and taken care of.

I cranked up my running mileage with 350 miles in August, 337 miles in September, 290 miles in October, and 255 miles in November. In December I took a 16 day cruise to South America. Starting in Chile, down to Buenos Aires, around the



tip of South America to the Falkland Islands, Montevideo, and ending in Rio de Janeiro. I did get some good workouts on the ship's treadmill

Back in Hawaii, I did 342 miles in January. In February it was time to taper a bit getting in about 175 miles. For sure I didn't want to start a 3000 mile run being worn-out from last minute running. Knowing that I would be gone for 4-5 months there were a lot of other things to do such as getting my income taxes prepared and mailed. I arranged for my mail to be picked up and forwarded to me at Albuquerque, St. Louis, Gettys-



Tom Knoll, pictured holding his book, "Why not a Million" that tells of his running exploits following the path to his lifetime goal for charity.

burg, and Washington, D.C. Electric, phone, mortgage, and credit card bills had to be paid on a monthly basis.

During the course of the run, Mother Nature would provide snow, high winds, zero temperatures, rain, thunder and lightning conditions, tornadoes, hurricanes, 100 degree plus temperatures, etc. so running gear for all such conditions had to be considered. One thing we were to experience that we did not prepare for was a massive wildfire along the route. Suitable clothing had to be packed for speaking engagements at American Legion Posts, VFW Posts, Marine Corps. League Posts, Rotary Clubs, and other media/social events.

Now was the time in increase my mental preparation for the run. Although one can have some doubts/thoughts on the overall outcome, these thoughts must be erased with the power of positive thinking such as, "You are running for charities", "People have pledged money for these charities", "You can't let them down."

(Continued on next page)

TOM KNOLL (continued from page 8)

So, with a million things still on my mind and a lot of anxiety to get the run underway, it was off on Aloha Airlines to meet up with our crew, Warren, Bert, Mickey, original Ironman Dave Orlowski, and friends who would wish us a Bon Voyage.

For sure, during the course of the run, there would be a lot of demanding challenges. I didn't realize that the first of them would occur 19 miles into the first day of the run
(To be continued in September MPRRC Newsletter)



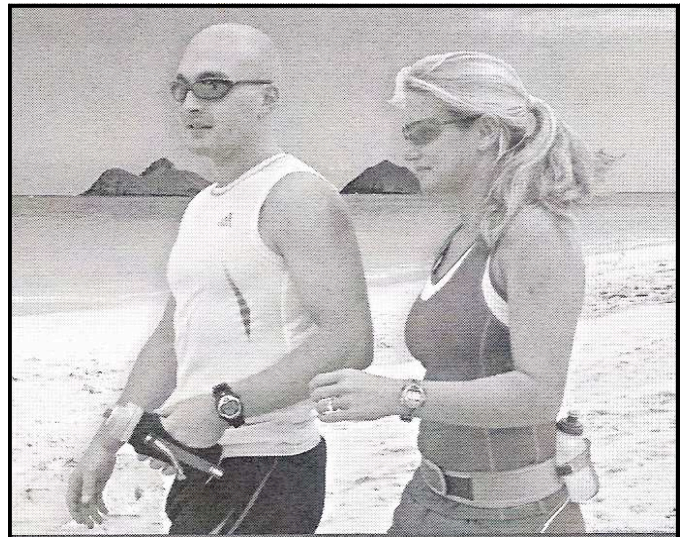
At the start: San Diego, CA March 1, 2008
Warren and Tom Knoll with well wishers

Editor's Note: This is the first of three articles by Tom Knoll covering his 2008 run across the USA with his son Warren. In our September issue, he will tell of the first half of the run, and then complete the second half in our December issue. Each segment is written from his personal point of view, telling what he thought and felt from conception to the finish of the 3000 mile journey.

VOLUNTEERS NEEDED (ALWAYS)

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

THANK YOU!



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All Annual memberships expire June 30th. Renew Now!

MEMBERSHIP APPLICATION

Mid-Pacific Road Runners Club

c/o Paula Carroll, Membership, 4791 Analii Street, Honolulu, HI 96821

The *Mid-Pacific Road Runners Club* organizes about 24 races each year. We get together socially for quarterly meetings and holiday parties. We produce a quarterly newsletter on our web site (www.mprrc.com) with race results, pictures and feature stories. We hold an annual awards banquet each spring to honor the outstanding athletes in the club. Each member may enter our non-application club races for \$5. Members also receive discounts at the major running shoe stores and discounts for the annual marathon racing series. If you run our club races, please consider giving something back by volunteering for at least one race per year. *Mid-Pacific Road Runners Club* is totally dependent on the generosity of its volunteers.

In what ways would you like to contribute to the life of your running club? Please check items below:

- Race direction (obtain permits, course layout, course marshals, police, aid stations)
- Equipment and support (pick up and set up equipment)
- Registration and finish line (including packet pickup)
- Membership (renewals; database management)
- Volunteers (solicit and supervise)
- Newsletter (write articles, layout, print)
- Social committee (plan meetings and events)
- Data processing; website (update website; race results)
- Bulk mailing (mail out invitations and newsletters)
- Other _____

Please print, filling out a *separate* application for each family member. (Revised 5/31/08)

Name: _____ Phone (Hm): _____ Phone (Wk): _____

Address: _____ City: _____ State: _____ Zip: _____

Date of Birth (M/D/Y): _____ Gender: Male _____ Female _____

Membership: New _____ Renewal _____ E-mail address: _____

Annual Dues (please enclose check payable to MPRRC).

(Circle one)	Junior (under 19)	Single	Family (with dependents under 19)
July 1, 2009- June 30, 2010	\$20	\$30	\$40
Lifetime	\$300	\$300	----

Optional Tax Deductible Donation to MPRRC \$ _____

Member's Affidavit: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Mid-Pacific Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (parent if applicant under 19): _____ Date: _____

(Mail to: Paula Carroll, 4791 Analii Street, Honolulu, HI 96821)

JAMBA JUICE BANANA MAN CHASE 5K

Saturday, May 9, 2009 · 7:00 am · Magic Island

Top Male

1st	Todd Iacovelli.....	14:29.8
2nd	Brian Lindberg.....	14:35.0
3rd	Brandon Laan.....	14:57.3

Number of finishers.....650

Top Female

1st	Kelly Calway.....	17:56.9
2nd	Katherine Nichols.....	18:21.9
3rd	Rachel Ross.....	18:25.3



(L to R) Brandon Laan, Todd Iacovelli, Brian Lindberg



(L to R) Katherine Nichols, Rachel Ross, Kelly Calway

RACE AGAINST DOMESTIC VIOLENCE 5K

Sunday, May 24, 2009 · 7:00 · Manoa Recreation Center

Top Male

1st	Andrew Taylor.....	17:10.4
2nd	Raymond Kuderka.....	17:15.7
3rd	Ashley Dustow.....	17:20.7

Number of finishers..... 342

Top Female

1st	Chantelle Wilder.....	17:37.2
2nd	Eri Macdonald.....	19:23.5
	Kristin Ali Keith.....	19:35.7



Left: Andrew Taylor with Miss Jr. Aloha Tower, Kiare Reis
Center: Andy Taylor and Ray Kuderka lead with Borys Pleskacz and Ashley Dustow close behind. Right: Chantelle Wilder with Miss Teen Hawaii, Ashlenn Galdiera



FORD ISLAND BRIDGE 10K RUN

Saturday, April 4, 2009, Admiral Clarey Bridge

Top Male	
1st	Dany Malley.....32:32.6
2nd	Steve Slaby.....42:49.5
3rd	Rich Cochrane.....33:17.5
Number of finishers.....2,122	

Top Female	
1st	Sandra Ferreira.....39:45.8
2nd	Kristy Salinas.....41:03.2
3rd	Quinn Horochuk.....41:53.5



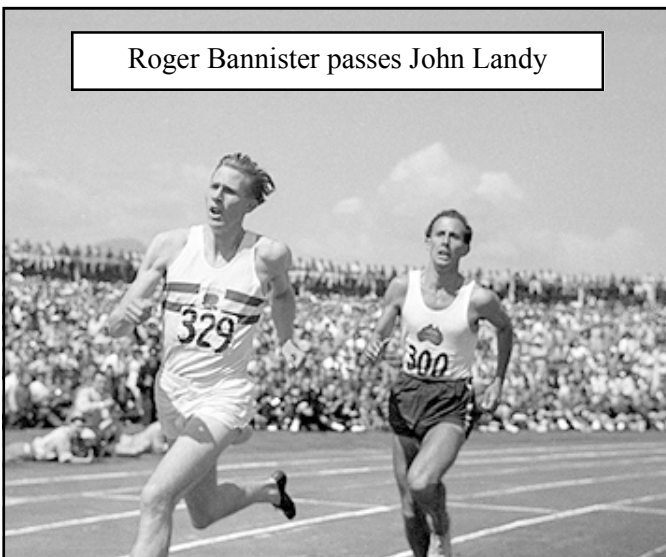
Above: Over 2100 runners take off on the bridge
 Left: Sandra Ferreira, W Elite winner
 Right: Dany Malley, M Elite winner

THE MILE OF THE CENTURY • By Lyle Nelson

One of the major moments in the whole history of track and field was Dr Roger Bannister's sub-4 mile at Cambridge in 1954. The Englishman did a 3:59.4 time, collapsing at the end. Later the same year, Australia's John Landy eclipsed this with a 3:58.

Promoters naturally now visualized a match race between the two and selected Vancouver, B.C. as a halfway point between Britain and Australia for this race to be held the following year.

The University of Hawaii played a minor role in these proceedings. Landy arrived in Honolulu to prepare for the race and held a press conference atop the Reef Hotel. All the local sports guys were there including myself. Landy was modest, avoided press attempts to belittle American Wes Santee for talking a



Roger Bannister passes John Landy



Lyle Nelson

beaches, golf courses, and through the woods! I recommended the UH football practice field (Cooke Field then located where Holmes Engineering Building now stands).

Later I watched. He started at the goal line, reached a fast pace by the 50 yard line, decelerated to the other goal, trotted through the end zone and repeated the procedure.

great but always running just over 4:00.

On our leaving the Reef roof garden, Landy stood at the door and greeted us all by name, a stunning achievement. He asked me where to run in Hawaii in preparation. I mentioned a few tracks but he said he never runs on tracks, only on

This went on without a break for over an hour.

At Vancouver Landy led on the fourth lap and coming out of the final turn he turned his head to peek at Bannister only to have the Englishman pass him on the outside. Thus Bannister won the "Mile of the Century"

PEARL HARBOR BIKE PATH 10K

Sunday, May 10, 2009 · 7:00 am · Lehua School

Top Male

1st	Hans Larsson.....	34:30
2nd	Andrew Taylor.....	35:41
3rd	David Carlsson.....	36:52

Top Female

1st	Janet Maynard.....	44:34
2nd	Satomi Turner.....	47:06
3rd	Connie Comiso.....	49:31

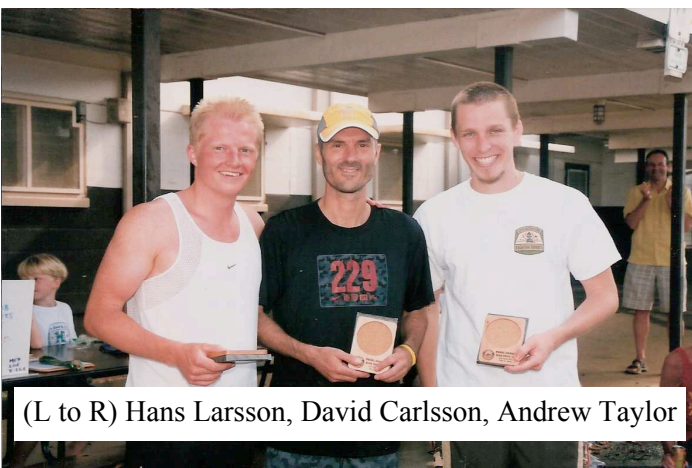
Number of finishers.....106



At the Start



(L to R) Satomi Turner, Connie Comiso-Fanelli, Janet Maynard



(L to R) Hans Larsson, David Carlsson, Andrew Taylor



Hi! Ray Woo here again

Hope you are enjoying the warm summer weather and the longer days which allows us to train more. Want to remind all of you to wear sun screen and hats and sunglasses to protect your skin and eyes from the harmful rays of the sun. A new product that we sell is the Planet Sun lip balm and facial sunscreen made of all natural ingredients. We also carry the "Archilles" hat that protects your head and neck from the sun.

Just an update on our staff, Shelley Albarado is on maternity leave. She is expecting twins and will be her first set of offspring's. I want to welcome back Emily King who just graduated from Davidson University in NC. Kevin Enriques is on summer vacation and is enjoying surfing and running, he is currently on the HPU X-Country team. Travis Kaono is also enjoying his summer vacation and is taking some summer classes. He's also training for his first marathon this year. Dave Cuadrado is still employed at the state and running well at the master's level and also mentoring his son Gianni to becoming a great runner.

Please come in to visit and say "Hi". We are all here at your service. Happy Running!

Ray Woo

RUNNER'S HI
98-390 A Kamehameha Hwy
Aiea, Oahu, Hawaii 96701
Telephone: (808) 488-6588

Over the Hill Gang



(L to R) Kim Jacobsen, Lyle Nelson, Sig Ramler, Tom Knoll, Bob Henninger. Missing is Chuck Strang

This message is directed to all those young runners (70 years old and under). We are proof that running promotes lifetime fun and well being. The average age of the “Over the Hill Gang” is 80. We run early every Wednesday morning always at a different location on Oahu...from Kaena Point to Makapuu. After a six to ten mile run we have breakfast together. Good Fun!

It also brought out a little known fact about Tom Knoll not revealed in all the publicity he gets. Years in the Marine Corps developed peripheral vision that he uses to spot money on the ground. None of us know how he does it but he seldom fails to find money while we run. He found \$37+ on his trek across the USA. Chuck Strang originated the name of our group.

Scott Hamilton

One of the RRCA national awards is the **Scott Hamilton Outstanding Club President of the Year** award, named for long-time MPRRC member (deceased), Scott Hamilton.

The 2008 winner was Libby Jones of the Dallas (TX) Running Club.

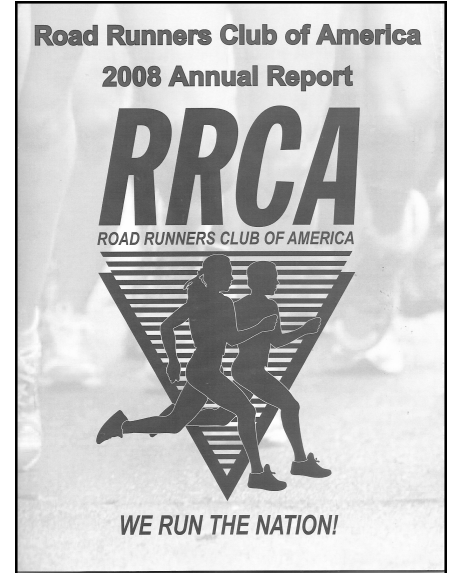
Photo Credits

Tesh Teshima: front cover, pps 2, 3, 4,5,7,11,12,13,14,15
 John Cotham: p 5 (Inada w/shoes)
 Tom Knoll: pps 8,9
 Internet Web: p 12 (Bannister/Landry)
 Arlene Nelson: p14 (Over the Hill Gang)
 Bob Doleman: p15 (Bob Doleman)



Grand prize winner, Stephanie Croughwell, receives Felt Café Bike from Frank Smith of IT&B Triathlon at the Race Against Domestic Violence 5K race.

RRCA 2009 Annual Report



MPRRC is one of 988 member Clubs which make up the Road Runners Club of America. Joan Davis is our Club’s representative. She recently attended their 51st annual convention in San Francisco, CA. March 26-29..

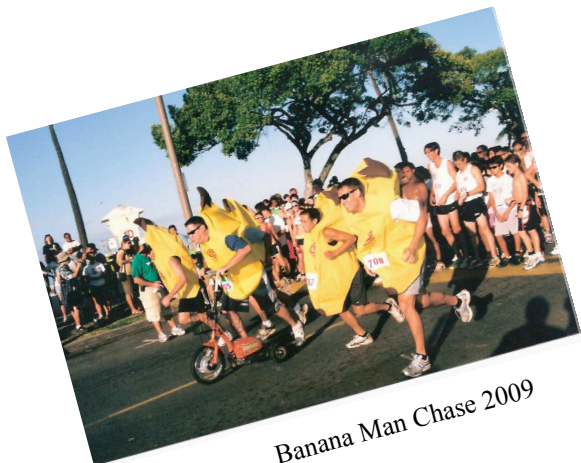
Joan brought back the 50 page report pictured above and it is filled with information. RRCA spent \$988,101 directly into programs that benefit road running during 2008.

Most of this goes into membership services but additional programs include “Roads Scholar” grants for selected student athletes, coaching helps and instruction, and a just started (2008) “Kids run the Nation”. This program is designed to promote youth running programs from kindergarten through the 6th grade. RRCA’s vision is to see a youth running program in every grade school in the USA.

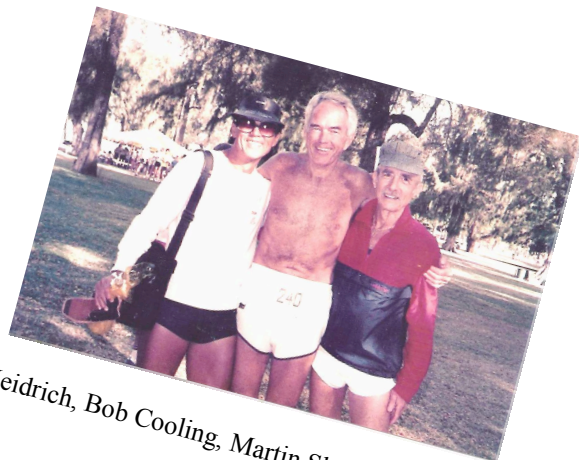
Joan’s report (and picture) on running in Hawaii is included in the annual report along with the other state reports. She highlighted Tom Knoll. Bryan Clay, the Marathon Readiness Series, Vi Jones-Medusky, and the return of marathons to Kauai.

For more information on RRCA activities including their Championship runs, visit www.rrca.org.

SCENES · OLD AND NEW



Banana Man Chase 2009



Ruth Heidrich, Bob Cooling, Martin Sherman



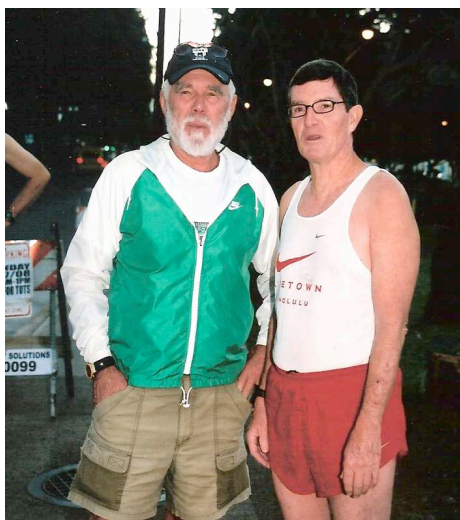
Bob Doleman does the Oklahoma City Marathon



Margie and Kit Smith



Lerma Jean Nakashima at the finish line



Veteran runners Johnny Faerber and Jerry Lindgren



Sam "TimeLine" Aucoin



Eriko Fong

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 (Race Operations)	Lyle Nelson.....941-1988
2nd Vice-President.....(Open) (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.....Andrew Taylor.....927-0284
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