



The Mid-Pacific Road Runner



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Volunteer Chris Mewhort makes sure that Tantalus runners make the turn

Feature Articles: A Tribute to Volunteers (see page 4)
Tom Knoll takes us across the USA: Part 3 of 3 (see page 8)

THE PRESIDENT'S FORUM

Hello everyone,

I hope you are finding time to run. For me, it seems like I am sacrificing sleep to get in those extra couple of miles. With the Honolulu Marathon just around the corner, every little bit of training helps. **As usual, we will be having our traditional MPRRC tent at Kapiolani Park for the marathon.** After you finish, please stop by and get extra refreshments and, if necessary, a massage (\$10). It might be crazy at the finish line, but we will have a nice area for members to relax.

On February 19th we will be having our annual meeting. We have not chosen a location yet, but we will have some important items on the agenda. Namely, the revised Bt-Laws and Constitution, which I will be sending out shortly to all members. Please take the time to read over the changes and vote on it. I will also put up the current versions on the website, www.mprrc.com. Along with the 2010 race schedule, the



Andrew Taylor

2009 annual awards results, and the newsletters. You can also find the latest club news on the website too!

Looking at the 2010 race schedule, you should notice one difference in the order of the races. We have moved Bob and Ron's 5K to March 14th, and moved up each of the preceding races on the calendar. The spacing of the races is virtually the same, but now we have a natural progression leading up to the Great Aloha Run. The consecutive

SAM's 5K, Harold Chapson 8K, and Johnny Faerber 10K provide a build-up to the GAR. These three races will be packaged as a series, and will be available for a discount if you sign up for all three at the same time. We should have a flyer out shortly—or you can find it online.

If you happen to visit us online, you'll see that we have links to active.com for race sign-ups and also downloadable race applications. Signing up is getting a whole lot easier. Some of the races will still be show-up-and-sign-up, such as the Bosetti 10K (Jan1st), but we are working on having applications on the web for all other races.

So good luck to everyone running the marathon, and I hope everyone has a wonderful holiday season. If you are looking to volunteer, or if you have questions/comments for me—feel free to email me at amtaylor@hawaii.edu.

Andrew Taylor

2010 • SCHEDULE OF MPRRC ROAD RACES • 2010

Underlined races are the qualifying races for the MPRRC Outstanding Runner Award. Phone 295-6777 for updates on all club activities. Log on to www.mprrc.com for club information, race results, downloadable race entry forms (except for the Bosetti 10K), and www.active.com for on-line sign up for races..

Friday,	January 1	Bosetti 10K	7:00 a.m. Hawaii Kai
Sunday,	January 10	Harold Chapson 8K	7:00 a.m. Kapiolani Park
<u>Sunday,</u>	<u>January 31</u>	<u>Johnny Faerber 10K</u>	<u>6:00 a.m. Kapiolani Park</u>
Sunday,	March 14	Bob and Ron's 5K	7:00 a.m. Kapiolani Park
<u>Sunday,</u>	<u>May 9</u>	<u>Pearl Harbor Bike Path 10K</u>	<u>7:00 a.m. Lehua School, Pearl City</u>
Sunday,	June 20	Aloha State Games 10K	7:00 a.m. Kapiolani Park
<u>Sunday,</u>	<u>July 11</u>	<u>Lanikai 8K</u>	<u>7:00 a.m. Lanikai Bike Path</u>
Sunday,	July 18	Kailua Beach 8K	7:00 a.m. Kailua Beach Park
<u>Sunday,</u>	<u>August 15</u>	<u>Norman K. Tamanaha 15K</u>	<u>6:00 a.m. Kapiolani Park</u>
Sunday,	September 5	Kalaeloa 20K	6:00 a.m. former Barbers Point NAS
Sunday,	September 19	Old Pali Road 4.4 Mile	7:00 a.m. Kionaole Road, Kaneohe
<u>Saturday,</u>	<u>September 25</u>	<u>Windward 25K</u>	<u>6:00 a.m. Kailua Beach Park</u>
Sunday,	October 10	Tantalus 10 Mile	6:30 a.m. Makiki
<u>Sunday,</u>	<u>October 24</u>	<u>808RaceHawaii 30K</u>	<u>5:00 a.m. Kapiolani Park</u>
<u>Sunday,</u>	<u>November 7</u>	<u>Val Nolasco Half-Marathon</u>	<u>5:30 a.m. Kapiolani Park</u>
Sunday,	November 14	Senior Olympics 10K	7:00 a.m. Kapiolani Park
Sunday,	December 5	SAM's 5K	7:00 a.m. Kapiolani Park

MEET OUR MEMBERS BY Lyle Nelson



YVETTE FLYNN ran the renewed Kauai Marathon this summer and found the hills around Kalaheo a real challenge. It was her sixth marathon. Born in Honolulu, Yvette graduated from Punahou and then went to Stanford and the University of Hawaii. She works in administration at the shipyard headquarters at Pearl Harbor. Yvette, husband, Jim, and daughter, Stephanie, live in Kaimuki. Yvette took up running in order to accomplish running a marathon. Her favorite place to run is Manoa.



FRANK RIPPEL met his wife April at a meeting of the MPRRC. They were club officers in the 80s and 90s. Frank, retired from the Air Force, lived in Hawaii from 1987 to 1992. He ran high school track in Jacksonville, Florida, where he was born. He started marathoning in Honolulu, has now done 14. His favorite run: a half-marathon on Kauai in 1989. The Rippels live in Sequin, Texas near San Antonio. Frank has children Lance and Christi from an earlier marriage.



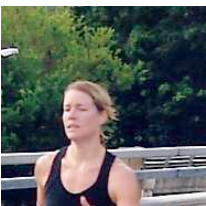
APRIL RIPPEL, ex Navy, makes and sells Renaissance and medieval clothing. A native of Eureka, California, she went to high school in Sequin, received degrees from the University of Texas and Central Michigan. Her 18 marathons include her favorite, The Avenue of the Redwoods, in northern California. April took up running for stress release. She enjoyed all the MPRRC runs. Recently the Rippels, using a RV, followed the route of the Tour de France.



ALLISON KRUG, likes to push her children Sam and Ben in a stroller at MPRRC events. Allison is from Los Angeles, attended high school in New Jersey, rowed and was coxswain for crews at the University of Virginia. She is a medical writer, formerly with Kaiser Permanente and the Merck Vaccine Division. She has a BA and advanced degrees in biology and health related fields with additional training at SUNY in Albany, New York, San Diego State and the University of Copenhagen. Husband David is in the Navy. They live in Kailua.



ROBERT DOLEMAN, long time president of MPRRC, ran both the Spirit of Survival Marathon in Ft. Still, Oklahoma and the Duke City marathon in Albuquerque, New Mexico, last month. Living in Germany in recent years he would run eight a year. He now lives near Ft. Sill. Bob was born in New York City, started running in 1971 to quit smoking, He lived in Hawaii for 20 years, is a former Army officer and Army civilian employee. He has don 101 marathons plus many ultras like 12 times up Haleakala. His favorites: Volcano, Haleakala, Perimeter Relay (Oahu), Great Aloha and H-3. Wife Joann also runs. Children are John and Susan



TONI COUTURE finds running a “cure all”. Though a fun activity, she feels it is both empowering and stress relieving. Born in San Diego, Toni felt exhilarated by winning a 400 meter event as a teen. She has running experience in Atlanta and Columbus, Georgia and enjoyed a half-marathon on Maui. After nine years in the Army she is now a personal trainer. . Toni moved to Waipahu in May 2008. Her husband is Jason and Lileigha is their child..

A TRIBUTE TO VOLUNTEERS BY Kit Smith

Responsibilities: Varied, but on almost every case low-skilled and often tedious (like stuffing fliers in plastic bags or handling cups of water to sweaty, impatient people).

Hours: Possibly very long, starting as early as 3 a.m. Also, from time to time, those you serve may snarl or otherwise give you guff. **Required response:** a smile.

The pay: Zero

Satisfaction? Unlimited — potentially at least.



Volunteers (Left to Right) Geoff Howard, Marie Boles, John Simonds, Scotty Anderson, Paula Carroll, and Joan Davis

OK, that's a take off on the MasterCard TV commercials that you've seen.

But it's apt. If not, why would so many otherwise sane people serve as road race volunteers, in many cases hundreds of times? This article aims, in part, to pay tribute. For input, we e-mailed questionnaires to members of the Mid Pacific Road Runners and other groups. So why does one volunteer?

Bob Gardiner, a 41 year-old banker who has done five marathons and around 25 races in all, volunteers "simply to give back to the running community."

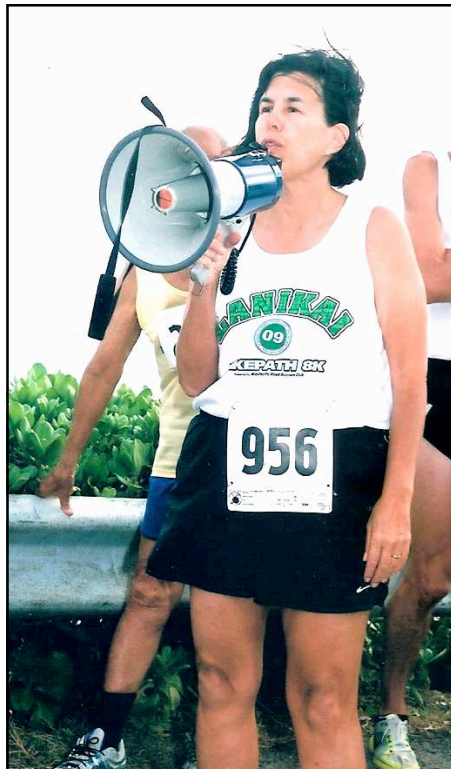
Jackie Kim Chappel, 35, an English teacher at Sacred hearts Academy, answers simply: "Peer pressure. It's not fun getting up in the wee hours and not even getting to run. (But) I would volunteer again if someone asked me and they were a friend."

Eriko Fong, 53, direct sales supervisor at Hawaii Coffee Co., says her first volunteer stint was born of curiosity. Subsequently she has responded to calls for help, some linked to her fluency in Japanese. Initial reluctance faded, she says, as she became friends with other volunteers. Now, "I am like 'sure, count me in!'"

Jonathan Lyau, 45, one of Hawaii's premier runners (34 marathons, perhaps 500 total races), says he volunteers "for a group or association that I am with or because someone needs help and asks me." He adds: "At the Marathon Readiness Series and at the Honolulu Marathon I see certain high school teams (as volunteers). It's great that these young

see what road racing is like and how anyone of any ability can participate."

Geoff Howard, 72, says his "career" as one of local road racing top volunteers stemmed from "opening my big mouth." Asked years ago to serve at the finish line of the annual Lanikai 8K (a MPRRC race), I found their system a bit



Dr. Joyce Cassen Levey addressing the runners at our Lanikai 8K race

cumbersome"— and said so. The woman in charge, **Chris Lee**, called Geoff a few months later and asked if he would take charge of the finish line on a regular basis. She then got married and moved to the Mainland. A few rough spots ensued, Geoff tells, but the torch had been successfully passed.

Over the years, Geoff, a top age-group runner, has filled roles from arrow holder to race director to club president, with an abundance of good cheer and patience..

Bart Mathias, a retired associate professor of Japanese at the University of Hawaii, has been running for 41 years but now focuses on volunteering, with particular expertise in race timing and record keeping. His most challenging task? "Getting (late entry) racers' names entered in the computer before the first finisher crosses the line." His most satisfying task? "Getting results posted on time, but that no longer is completely under my control." One of his pet peeves is seeing runners with race numbers affixed to their backs. Always evident is that Bart cares, a lot.

Few can match **Marie Boles**, 82, in faithfulness. She volunteers far more than she runs these days, but is proud of having done 18 marathons — including one in Tanzania. Marie is a retired legal secretary, nurse, and court reporter. (in San Francisco and Hawaii). She volunteers out of "desire to be part of events...and (to enjoy) friendship with co-volunteers." Packet pickup, aid stations, course marshaling, timing — she has done them all "many times." The most satisfying: course marshaling, for the rewarding smiles when I cheer/clap/shout to encourage runners, who seem appreciative.

Joan Davis, MPRRC fourth vice president for volunteers, delights in her sometimes label as "The Volunteer Queen of the Universe." With encouragement and mentoring from **Bob Doleman**, the late **Silvia (Sam) Martz** (after

(Continued on the next page)

A TRIBUTE TO VOLUNTEERS BY Kit Smith (continued from preceding page)

whom the annual SAM's 5K race is named) and **Ron Pate**, "I got involved in 1990...officiating and participating...dedicated, delighted and feeling needed. "No matter what the task, I jumped in, to pass out water, set up and break down, working with the equipment, looking forward to packet pickup and the finish line."

Yes, there are frustrations, she says, as when the race director will do the race "and leave me behind to handle the operation and problems." Or as when assigning a volunteer to man an aid station "he complained that he was more intelligent than to always be passing out water."

What's the best race-day assignment? Something at the finish line says, **Bob Doleman**, 73, a retired Army officer now living in Ft. Sill, Okla. He holds the title of MPRRC president emeritus. "Lots of volunteers are near the finish, so you get to chat with them as well as cheer on the finishers."

Aid Stations — Where volunteers are most evident

It's a rare runner who doesn't have some suggestion

About aid stations. Here's a sampling, from our survey:

Jonathan Lyau—"I don't like it when people get the drink and just stop, instead of continuing to move or step to the side." And there's technique to handing out each cup, "he says, "Volunteers should hold it from the top, by the lip. Or balance it on one hand so



A dedicated volunteer! Bill Beauchamp does not let the weather keep him from working at the finish line.

runners can easily grab it. Then they should move their hand a little with the runner so less water spills and it is easier to grab," (Note: Of course, Jon's speed through aid stations is far above average).

Angela Sy, who has been running for about 22 years and done about 50 races and 16 marathons: "Sometimes volunteers fix their eyes at a particular runner, usually the one in front of me—even if it seems obvious that the runner is passing them and not ready to take the cup...They do not notice that I am the one eyeing the cup." Also she says: "Do not put ice in the cup. That means I get less water, and I feel like I might choke on the ice. Otherwise I have never had a bad experience with water station volunteers."

Hair stylist **Tammy Bautista**, a runner for 10 years, suggests to aid station volunteers: "Be sure to always tell runners what's in the cup—water or sports drink." **Kit Smith**, 75, a runner for more than 30 years (and preparer of this article) suggests: "Station a loud voiced volunteer just before each aid station, particularly the early ones, to call out, "water first (or to the left), sports drink next (or to the right)" or whatever the setup. He adds, "I like cups filled with chilled water close to the top, to allow a few generous gulps while saving a small

splash for the top of my bald head—very refreshing! Chilling the sports drink is even more important."

Volunteerism as a memorial

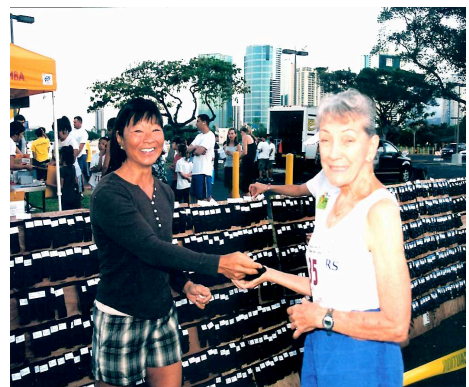
Dr. Joyce Cassen Levey isn't a road racing volunteer in the usual sense. But she and her family for several years have sponsored the annual Lanikai 8K, held in July as a memorial to their son Daniel, who died in a hiking fall on July 21, 2003. On the day before that fall, Daniel had run the Lanikai 8K. Hence the family felt a special connection to the event. Each year starting in 2004, Dr. Cassen, an ophthalmologist, and her husband, Norm Levey, have come to the race bearing memorial T-shirts for everyone, an abundance of refreshments, and, for prizes, books of photos by Daniel, including some taken on his last hike. Also, the family has recruited each year the Cherry Blossom Queen and her Court to grace the event. And, in most years, Joyce has gone the 8K distance herself, to "earn" her T-shirt in this additional way. Clearly, Dr. Joyce rates a capital V in her proud label as Volunteer.

Let's Hear It for Spontaneity!

As related by Kit Smith: "In 2007, at the Marathon Readiness Series 25K in Kailua, I pitched in at the 8-mile aid station, joined by another septuagenarian, an octogenarian, and two great kids, Annie and Titan. Alas, we hadn't prepared well enough for the surge of runners that came surprisingly soon after leaders zip by. The surge overwhelmed us. A young female runner stopped to



Bart Mathias at work in his finish line domain



Linda Moran (left) hands Marie Boles her race timing chip

RUNNER'S HI 20K RACE

Sunday, September 6, 6:00 a.m. Kalaeloa

Top Male

1st	Todd Iacovelli.....	1:07:46
2nd	Marty Muchow.....	1:12:09
3rd	Paul Lancaster.....	1:13:35

Top Female

1st	Emily King.....	1:33:09.
2nd	Candes Gentry.....	1:33:35
3rd	Many Biscoe.....	1:34:25

Number of finishers.....538

OLD PALI ROAD 4.4 MILE RACE

Sunday, September 20, 7:00 a.m. Kailua

Top Male

1st	Craig Knohl.....	26:56
2nd	Scot Muraoka.....	27:10
3rd	Michael Georgi.....	27:51

Top Female

1st	Heather Cottrell.....	31:11
2nd	Toni Couture.....	31:45
3rd	Carole Higa.....	/.....34:08

Number of finishers.....58

Toni's Comments: The **Old Pali Road Race** is a treasure. It makes for a great low-key Sunday morning race. The scenery was inspiring with its craggy green covered mountains and lush Windward foliage. But don't be fooled, the course is challenging. The first two miles of this race winds upward steeply, from well-traveled asphalt to neglected concrete, then turns back to the finish with an equally steep descent. There is one hydration station at the half-way turn around. The Old Pali Road is a great race for the serious or the recreational runner to enjoy the beauty and Aloha Spirit of Hawaii.

STARN O'TOOLE MARCUS & FISHER 25K RACE

Saturday, September 26, 5:30 a.m., Kailua

Top Male

1st	Todd Iacovelli.....	1:32:37
2nd	Pete Boksanski.....	1:41:51
3rd	Timothy Marr.....	1:42:24

Top Female

1st	Sara Vega.....	1:50:13
2nd	Patricia Havey.....	1:53:26
3rd	Akemi Ueda.....	2:00:08

Number of finishers.....680

Toni's comments: The **Starn O'Toole Marcus and Fisher 25K Race** was held on the beautiful Windward Coast, with part of the course running through Kaneohe Marine Corps Base. This is an alteration from previous years. Many participants claimed the course was much more challenging due to the "huge hill" added around mile nine and then repeated on the way back. However, most of the finishers agreed that the course has been improved and they are looking forward to running it next year.

P. F. CHANG'S 30K RACE

Sunday, October 25, 5:00 a.m., Kapiolani Park

Top Male

1st	Brandon Laan.....	1:44:34
2nd	Marty Muchow.....	1:54:50
3rd	John Mozer.....	1:55:57

Top Female

1st	Sara Vega.....	2:13:57
2nd	Emily King.....	2:27:55
3rd	Kristen Campbell.....	2:28:10

Number of finishers.....924

TANTALUS 10 MILE RACE
Sunday, October 11, 6:30 a.m., Makiki

Top Male

1st	Paul Lancaster.....	1:01:47
2nd	John Mozer.....	1:04:45
3rd	David Carlsson.....	1:06:44

Top Female

1st	Emily King.....	1:18:19
2nd	Toni Couture.....	1:19:33
3rd	Tammy Bautiste.....	1:20:00

Number of finishers.....63

Toni's comments: The Tantalus 10 Mile Race is not for the faint of heart and caters to the more extreme athlete with its arduous terrain and younger crowd. The initial five miles climbs without reprieve, spiraling uphill, drawing on the runner's stamina and strength: while the final five miles pounds away at the leg joints, down-hill nearly to the finish. There are no mile markers and few hydration stations, making it difficult to judge the distance covered. This year's 63 finishers proved their determination as they ran most of the race in the pouring rain. I am certain many left with a blister and lost toenail due to conditions this year; and yet, I suspect toenails intact or not, all left with a sense of real accomplishment.

SAUCONY VAL NOLASCO HALF MARATHON

Sunday, November 8, 5:30 a.m., Kapiolani Park

Top Male

1st	Steve Slaby.....	1:13:58
2nd	Todd Iacovelli.....	1:16:26
3rd	Marty Muchow.....	1:16:58

(Saucony Val Nolasco Race results are continued on page 14)



FORMERLY

FLEET FEET
Sports
KAILUA

Thank you MPRRC for your constant community spirit and dedication to all things running.

We wish all a happy holiday season and a terrific 2010!

— THE TEAM AT KRC



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TOM KNOLL TAKES US ACROSS THE USA By Tom Knoll (The finish: Part 3 of 3)

Editor's Note: In part 1 of this three part series, Tom took us through his preparation for the run up to the starting date of March 1 2008 at San Diego, California. In part 2, he tells of suffering an injury in a fall the very first day of the run. A cut near his left eye required 25 stitches performed at a nearby VA hospital. He was back on the road the next day to continue his Cross-USA Charity run. In part 3, Tom finishes his run across the USA. Tom Knoll, 76, is a MPRRC member, retired Marine Corps veteran, and 6th place finisher of the original 1978 Hawaiian ironman.

It was 6 May. My son, Warren, and I had completed a little over half of our Cross USA Charity Run with about 1600 miles to go prior to completion in Washington D.C. on 4 July. We had gone from San Diego through Phoenix, Albuquerque, Amarillo, Oklahoma City and we were now in Tulsa, OK. We were feeling in great shape and our spirits were high.

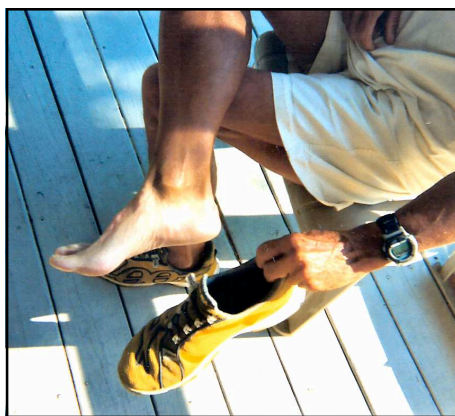
In between getting the day's mileage we visited troops at the VA hospital and made several other presentations. The following day we ran a portion of our day's mileage with young male and female members of the Tulsa Naval ROTC led Lt. Cdr. Murray Estebrook. The run with these young folks went well over an hour in a cold torrential rain storm, in ankle deep water, a prelude to several tornadoes in the area which some folks refer to as "Tornado Alley". Once again I was in awe and amazement by the enthusiasm and 'can do' spirit of this wonderful group.

On 10 May we were in Joplin, Missouri. While we were in this area, it was hit by a tornado that killed 20 people and created a massive path of destruction.

It was fun getting to run the daily mileage with my son, but there is only so much bonding you can do. Thus it was always nice when others came out and joined us on the road. 13 May was one of these days. When we were about 10 miles out of Springfield, MO, we were joined by Marine Major Shannon Johnson, stationed there with the 3d Battalion, 24th Marines. We jogged at an easy pace and as the miles rolled by we swapped stories on our military careers. When we arrived at the outskirts of Springfield, we were met by some troops and some folks from the Ridge Runners Running Club. After doing an interview with a local TV station, we took off in formation for a 4.5 mile run the city. During the run we got great TV

coverage of all of us with the American and Marine Corps flags carried throughout the run. A lot of cars passing by blew their horns and there were a lot of shouts of "Semper Fi!" etc. We finished the run at the battalion headquarters and enjoyed some beverages and a lot of good conversation. We would be in the Springfield area for a couple of days and the Marines got us two nights of gratis accommodations at a real nice hotel.

In between getting the day's mileage I got to visit Major Johnson at his headquarters. He was the Commanding Officer of the Inspector-Instructor, Weapons Company. He introduced me to former Marine Bryce Lockwood and his wife. Bryce had been aboard the USS Liberty off the coast of Israel when it was attacked by the Israelis with the loss of over 20 US personnel on the ship. Bryce received the Silver Star for his heroism. Major Johnson contacted Marine units in both St. Louis and Terre Haute, Indiana to help us when we passed through these areas. Once again the Marines were taking care of one of their own even though it was a different generation Marine.



Which goes first...the foot or the shoe?
Tom wore out three pairs of shoes on his Cross USA Charity Run.

A few days later while in the St. Louis area, I stopped off at the VA Hospital to see if I could get my eye fixed. Since the spill on the first day of the run, I did not have vision in my right eye. The hospital was booked solid until September. Fixing my eye would have to wait.

On 24 May the run went through Edwardsville, Illinois. I met my friends Wayne and Dianne Wildgrube who were bicycling from their home in Culpeper, VA to Oregon. Wayne and I served together in Hawaii for several years before he retired. As a result of a recent carpentry accident, Wayne now had one glass eye. So, with each of us having the use of only one eye, we joked that we better keep our eye on the road!

We reached the Terre Haute, Indiana area on 28 May. Once again, the Marines were the driving force during this portion of the run. We had several sessions with the local media and there was a great article in the newspaper. The mayor of Terre Haute was there for all these media sessions

While in Terre Haute I contacted Glenda Salyer by phone. Her husband, Harvey, a Marine purple heart Korea veteran, had come out when my first USA Charity Run (1983) passed through Terre Haute. At that time I was having major support vehicle problems. Harvey had a van and much to my happiness, he joined me and provided support all the way to California! Glenda said she was very proud of me and felt certain that Harvey was smiling down from Above. Looking back at that 3,100 mile run in 64 days, 46 miles a day, even I can't believe in happened. But it DID.

Rooms for us had been arranged for us at a Home for Senior Citizens when we passed through Bloomington, Indiana on 30 May. We gave an evening talk on the details of the run and the importance of physical fitness. A 102- year-old

TOM KNOLL TAKES US ACROSS THE USA By Tom Knoll (The finish: Part 3 of 3)

(continued from page 8) woman smiled when she heard this and said, "Right on."

On 31 May we were in the Indianapolis area. We visited American Legion official Bill Sloan at the multi-storied American Legion Headquarters Building. He gave us a tour that lasted a couple of hours.

The following day we did a 13 mile run to Legion Post 500 located across the street from the first turn of the Indianapolis 500 Speedway. That evening there was a function there honoring all those who served in the Vietnam conflict. The next day a photo crew that had flown in from Los Angeles shot pictures of us to be part of an article about our event in their September (2008) Runners World magazine. The photo crew flew back to Los Angeles that same day.

On 6 June we were in the Fort Wayne, Indiana area and working our way towards Cleveland which was way north of the cross-country route I had taken on my 1983 run. A business partner of my son lived there. They thought we might get some nice charity donations in this large city. In addition, we were told that the route would take us through Defiance, Ohio and there were some festivities set up for us there.

"Some festivities" was a gross understatement! Approaching Defiance on 11 June a group of runners joined us at a park in Ney, Ohio, 13 miles away from Defiance.. They were led by a former Marine who had driven down from Michigan just for this occasion. It was hard to believe what the school children of Defiance had done to welcome us! About every 50 yards there was an American flag proudly flying by the side of the road Next to the flags were neatly printed signs saying "Welcome Tom Knoll, Master Gunnery Sergeant, USMC (ret.)", "God Bless America", "Semper Fi", and many other wonderful inscriptions. We were told that there were some nice festivities planned for us at the town courthouse. They hinted that I would be very surprised by a person who would be part of the welcoming committee.



Defiance, Ohio resident Bill Sterling hugs Tom Knoll. They had not seen each other since 1972-73 when they served as part of Task Force Delta in Thailand. Photo by The Crescent-News (Defiance, Ohio).

They kept me guessing who it might be even though I used some of my best interrogation techniques. As we ran through the suburbs, people lined the roadside waving American and Marine Corps flags.. During the last couple of miles we were escorted by city motorcycle policemen blowing their sirens!

We arrived at the Defiance County War Memorial which was right at the Courthouse Over 100 people gave us a standing ovation. It surely more than made up for some of the desolate areas we had been through. My son and I got on the microphone to thank everyone for coming out, and all they had done to support the run, and making this such a fantastic day.

The ceremonies at Defiance included a welcoming talk by Mayor Bob Armstrong, a VFW Color Guard, and a Marine Corps detachment. We were presented certificates of appreciation by both the city and the Marine Corp Finally, the "mystery person" came out of the crowd. I was surprised! It was Bill Sterling, a retired Marine Corps captain. We had been together in the middle of the jungle with Marine Corps Task Force Delta in Nam Phong, Thailand, 1972-73.I had lost track of him. It was great seeing him once again.

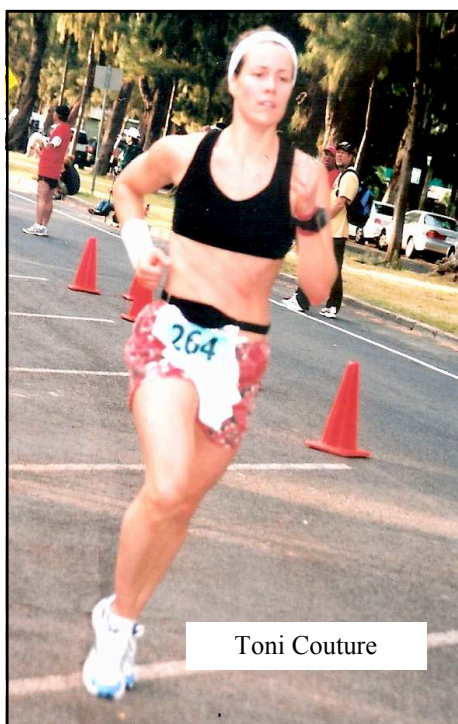
After the courthouse ceremonies there was a "Meet and greet" at Canal Park with free food and a band

(Concluded on page 13)

Toni Couture

We welcome **Toni Couture** who joins our newsletter staff beginning with this issue. Toni is an elite runner and a personal trainer. A MPRRC member since July of this year (see Meet Our Members, page 3), she has worked on publications while in the Army. You will find Toni's comments on four of our club races on pages 6,7, and 14. We thank her for volunteering her time and talent to help us, and look forward to increasing contributions in the future

Toni enjoys running. She feels that group running is even better. She would like to find a steady running partner and/or support group. She lives in the Royal Kunia area of Wai-pahu. If you would like to contact Toni, call her home telephone number, 688-0502. .



Toni Couture

Photo Credits:

All pictures including the front cover are by **Tesh Teshima** except for: page 8, **Tom Knoll**, page 9, **The Crescent-News** (Defiance, Ohio), and page 13, **Tom Knoll** (upper), **The Crescent-News** (Defiance, Ohio, lower).

Volunteers

This issue features "A Tribute to Volunteers" article by veteran runner and writer, **Kit Smith**. We hope this will acknowledge to some degree, the many, many people who give unselfishly to benefit our road-running. Their contributions are staggering, but too often unsung.

The Honolulu Marathon uses more than 9,900 volunteers while the Great Aloha Run uses about 4,500. Stated another way, these two events use a ratio of 1 volunteer for every 3 to 5 race runners! Just imagine what the entry fees would be if they had to pay for this support.

While smaller in scale than the two races named above, the need of volunteer support for our MPRRC races is just as great. Getting permits, insurance, t-shirts, race packets, prizes and awards, food (and preparing it), course marshals, aid stations, and clean-up is done repeatedly throughout the year. by volunteers.

Joan Davis, Marie Boles, Bill Beauchamp, John Simonds, Geoff Howard, and Bart Mathias, immediately come to mind as those who repeatedly give volunteer support but there are many others. **Keith Higa, Erwin Taboada, Mac Kempshall, Paula Carroll, Ellen and John Humphrey, Beth Blackburn, Bill Cunningham and Halina Zaleski** are some of the others.

We want to give all of you a heartfelt "Thank You! We couldn't do it without you!"

Getting on the web

Use our website (www.mprrc.com) to obtain **race schedules, race application forms, detailed race results, newsletters, membership application forms, and other links**

Ichinoseki Half-Marathon



Todd Iacovelli and Brandon Laan joined **Tesh Teshima** at Tokyo, last September. From there they travelled to Ichinoseki, Japan, for their September 20th Half-Marathon event. In the picture above, from left to right, are: Brandon, Todd, Mayor Tohbei Asai, and Yoshihisa Hosaka.

Yoshihisa Hosaka, 60, set the world marathon age division record with a time of 2:36:13 on February 1, 2009. He also set a new record (age division) for this half-marathon with a time of 1:16.

Brandon beat Todd in this race with a time of 1:10:08 against Todd's 1:12:03. In an age division that covered 18 to 29 they placed 16th and 17th. The division winner was 1:05. In the picture below Brandon and Todd stand in front of the Imperial Palace in Tokyo.

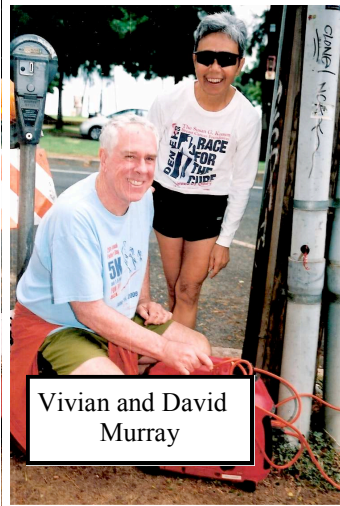




Hauling needed gear for the race



Manning our GAR booth



Vivian and David Murray



Bob Duffy



Marie Boles with helpers from Kamehameha School



Hi! Ray Woo here again

Aloha,

The 2009 Marathon Readiness series is over. We hope it helped prepare you for a successful Honolulu Marathon! We were pleased to be part of the series both as a sponsor and as a participant.

Runner's HI is giving MPRRC members a 20% discount on all running shoes and apparel until December 31, 2009

(Present your MPRRC membership card)

Thank you for your support and we hope to see you soon!

Ray Woo

RUNNER'S HI
98-390 A Kamehameha Hwy

Aiea, Oahu, HI 96701
(808) 488-6588
runnershi007@hawaii.rr.com

A TRIBUTE TO VOLUNTEERS BY Kit Smith (continued from page 5)

say, 'Here, I'll help out.' I was amazed. I said, 'Hey, you may be headed for a PR.' But Julie—that was her name, I learned—insisted. 'That's OK, I did my PR last week on Maui.' Maui? Yes she said, at the Maui Marathon',

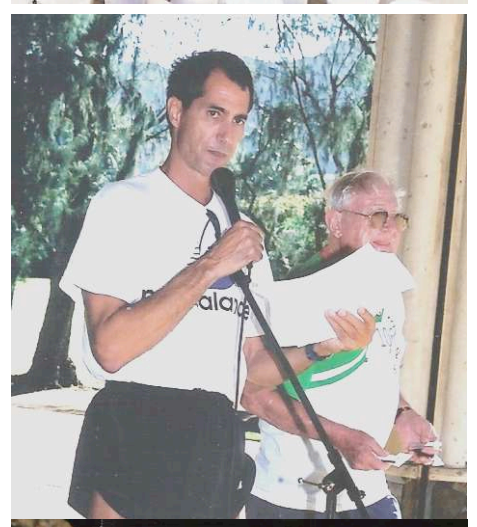
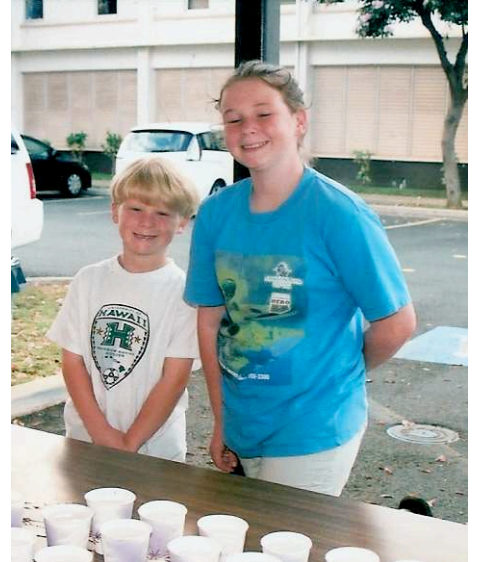
Nosily I asked her time. She said 3:18. I said, 'Wow, that's fast!' It turns out that not only did she do a PR but she won top over-all honors among women, taking home \$1,500." This aid station angel is **Julie Doheney**, 29, a native of the Boston area, now serving as a coach for the Leukemia & Lymphoma Society's Team in Training program.

There are dozens of others who have given generously of time and effort whose names don't appear above—including the editor of this publication, **Bob Henninger**, 84, an inspiration in many ways. Please forgive me for such omissions.



Kit Smith, 75, does well as both runner and volunteer. Retired from the newspaper business, he continues to contribute to our newsletter.

The annual Mango Days 5K race is a memorial to his deceased daughter, Patti.



Volunteer race director, Bill Cunningham, gives starting directions. Marie Boles and Geoff Howard in background



Volunteers at work: Upper left, Joan Davis, Joan Amimoto, Martha Rivas Upper right, Annie and Molly Quigley-Paige "man" an aid station, Center left, Goeff Howard carrying equipment, Center right, Mickey Campaniello at the awards microphone, Bottom left, Ellen Humphrey marshals at a race, Bottom right, Marie Boles at the finish line.. We give tribute to you and the many, many others not shown.

TOM KNOLL TAKES US ACROSS THE USA By Tom Knoll *(The finish: Part 3 of 3)*

(Continued from page 9)

We were in the Cleveland area on 14 June and took a day off for media promotion of the run. Warren and I participated in a 5K run for the homeless. I ran with John Telich of Fox TV station 8 and he did a super TV interview after the run. It was shown on the Fox channel that evening. We also did TV media with Channel 12, Cleveland.

Soon we were in Pennsylvania, including running in the Allegheny Mountains and crossing the Appalachian Trail. On 22 June we ran through the battlefields of Gettysburg. On 29 June, in Fester-ville, Pennsylvania, a suburb of Philadelphia, it was media day with the Sunshine Foundation, one of the charities of this Cross-USA Run. This is the foundation for which I did my 1983, 3,100 mile Cross-USA Run. The Foundation has granted over 32,000 'Make-a-Wish' for children a reality. Bill Sample presented Warren and me with plaques and this was all covered by local TV..

Our run was rapidly coming to a close, after four months and over 3,000 miles of running. We had a plan for the 4 July, Washington D.C. finish. On this final day we would start at the Lincoln memorial, jog past the Korean Memorial area, loop around the World War II Memorial, pass by the Vietnam Memorial Wall, cross the Potomac River and end up at the finish line at 10:30 AM sharp.

No way! After 33 years in the Marine Corps I learned you should have a lot more than just a plan. A security policeman told us we could not cross the Potomac River bridge until a security check was completed of the area for the Fourth of July activities later that day. We changed our plan. (Later I was allowed to quickly cross over and back so I could pay my respects to Solomon Godwin who died as a POW in Vietnam)

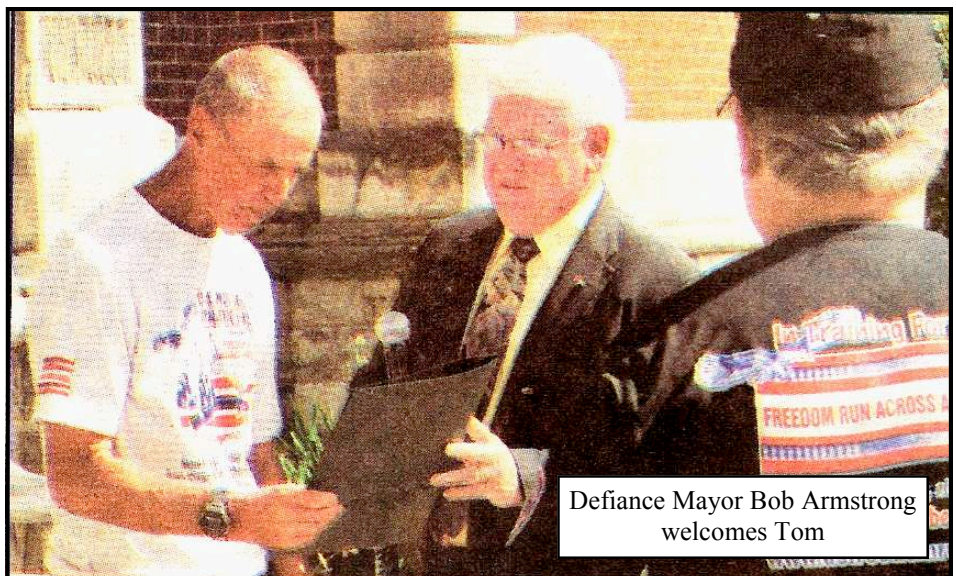
But wait! One last great surprise! Jogging beside me on the last quarter mile of our Cross-USA Run were Henry Forrest and Dave Orlowski! We were three of the original 12 finishers in the world of the Hawaii Ironman Triathlon. Henry, who was suffering from cancer, had left a hospital bed in Atlanta, Georgia, and was driven to Virginia by a family member. I was in total awe of his



At the Washington D.C. finish of the Cross USA Run. Tom Knoll with two of the original Hawaii Ironman finishers, Dave Orlowski (left) and Henry Forrest (center).

being here. After the finish, he quickly sat back down in his wheelchair. Henry's mantra was, "The hotter the heat, the tougher the steel" (Henry died a few months later).

And so, in Washington D.C., among friends, on the July Fourth holiday (2008), our 112 day, 3,330 mile foot trip across the USA came to a successful close. The event was for charity and counting the various donations along the way, we were now happily over the \$800, 000 mark toward \$1,000, 000 for charity raised through running. (Tom's book about his earlier runs is entitled, "Why not a Million?").



Defiance Mayor Bob Armstrong welcomes Tom

SAUCONY VAL NOLASCO HALF MARATHON

Sunday, November 8, 5:30 a.m., Kapiolani Park

(Race results continued from page 7)

Top Female

1st	Patricia Havey.....	1:33:52
2nd	Akemi Ueda.....	1:34:29
3rd	Kristen Campbell.....	1:35:18

Number of finishers.....992

Toni's comments: The Saucony Val Nolasco Half-Marathon ends this year's Marathon Readiness Series, so for many, it was a performance gauge for the 2009 Honolulu Marathon. We hope you all attained your race pace goal and enjoyed yourself. It was a well organized race with plenty of hydration stations and volunteers. The route was somewhat hilly and moderately challenging with some nice views from along Diamond Head if you were running easy enough to take them in. 992 runners finished with the youngest finisher, Austin Chun, age 14, coming in at 1:47:01 and the oldest finisher, Bob Henninger, age 84, with a time of 3:38:57.

VOLUNTEERS NEEDED !

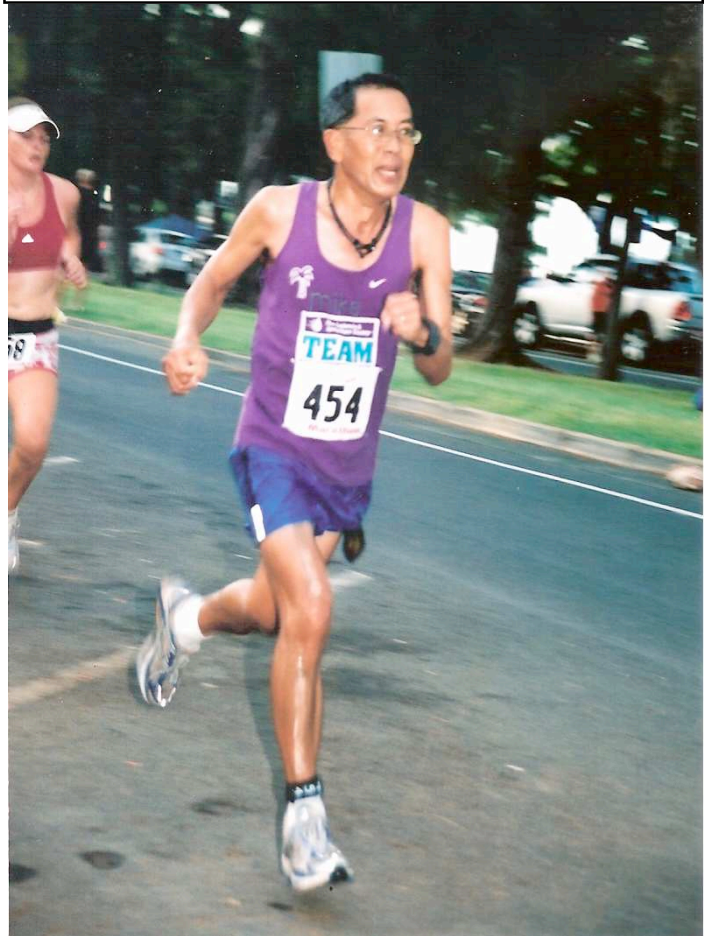
(ALWAYS)

Help in one of our races in 2010
Call

Joan Davis at 535-9070

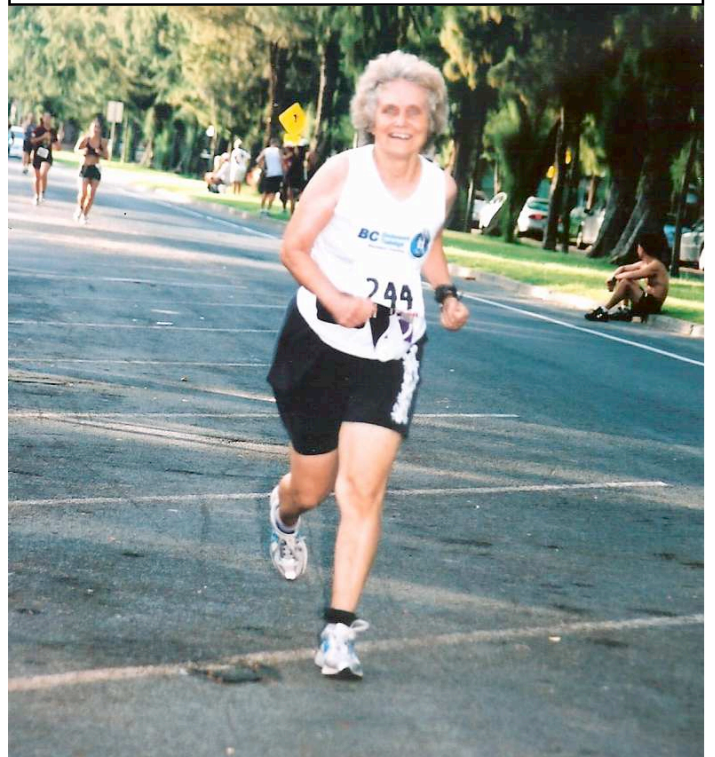
THANK YOU!

PHOTOS BY TESH TESHIMA



Above: Mike Kasamoto turns it on near the Saucony Half-Marathon finish line.

Below: Eileen Ward does the same



PHOTOS BY TESH TESHIMA



Getting ready to start the P. F. Chang 30K Race



At the finish of the P. F. Chang 30K Race



Tantalus in the rain



Tantalus winners, John Mozer, David Carlsson and Paul Lancaster



HPU team at the 2009 Turkey Trot



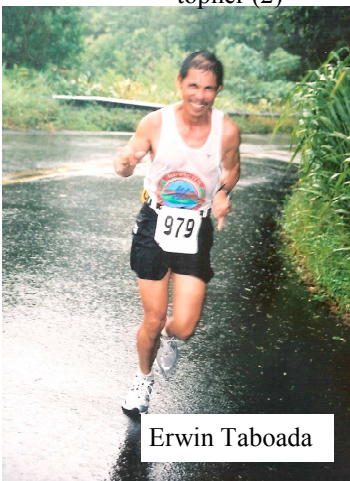
Sr. Olympics 50-54 (L/R) Joseph Bariyanga (1), Glen Oshiro (3), David Christopher (2)



Mauricio, Marinello Puerto and family at Tantalus



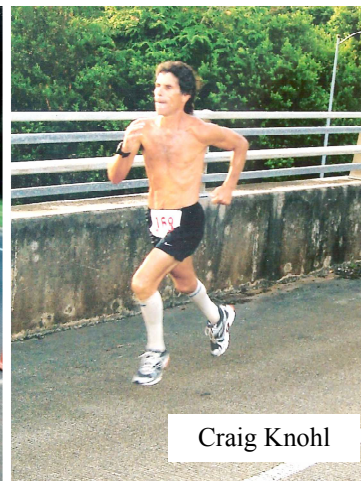
(L/R) Goeff Howard, Mike Croke, and John Simonds



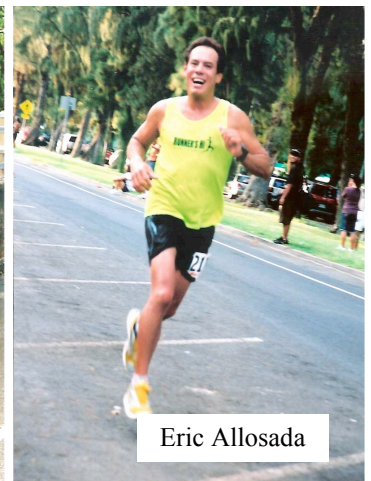
Erwin Taboada



Brandon Laan



Craig Knohl



Eric Allosada

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