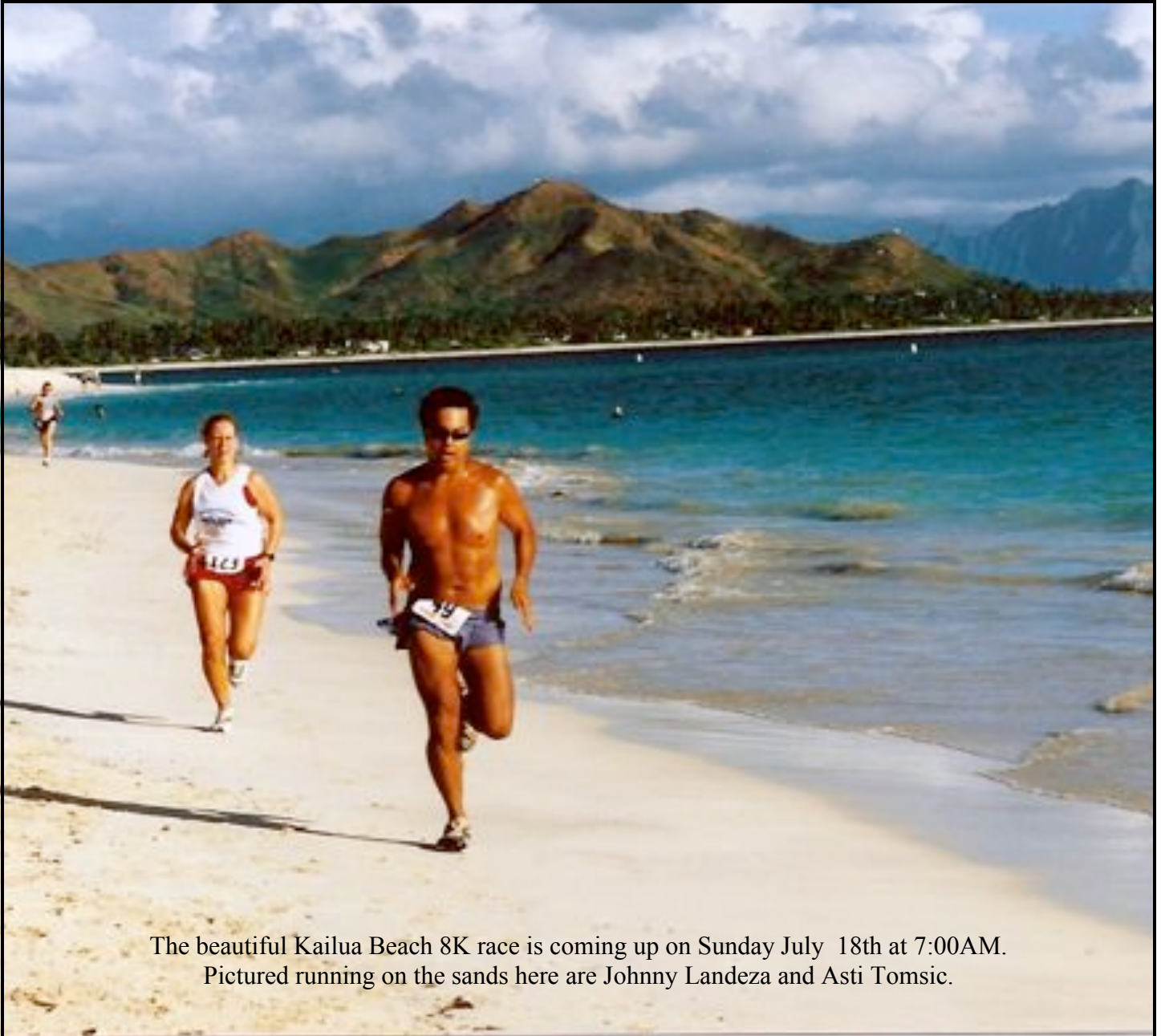




# The Mid-Pacific Road Runner



Post Office Box 2571 • Honolulu, Hawaii 96803 • [www.mprrc.com](http://www.mprrc.com) • Vol. IX Number 2 • Summer 2010



The beautiful Kailua Beach 8K race is coming up on Sunday July 18th at 7:00AM.  
Pictured running on the sands here are Johnny Landeza and Asti Tomsic.

**Featured Articles : Dr. Jack Scaff and the Great Trans Ko'olau Trek Race Part 2  
Reflections on the Boston Marathon by Kit Smith**

## THE PRESIDENT'S FORUM



Craig Knohl  
MPRRC President

Aloha fellow Mid Pac members and friends,

Summer is here. As we all know, summer gives us more hours of daylight to fit in those workouts. Sometimes I wonder about that since it also forces me to get those workouts earlier in order to beat the summer heat. Regardless of the weather, we will still run, but let us put on more sun block and a hat. Most important make sure you stay hydrated.

The MPRRC race schedule slows down a bit for a few weeks with the Aloha State Games 10K in June followed by two of my favorite races, the Lanikai 8K and the Kailua Beach 8K run. Please check the exact times and dates on the MPRRC website. I look forward to these two races because they give me a jump start toward the Readiness Series. This is a great way to prepare for my favorite race, the Honolulu Marathon. The marathon to me is very personal and that is what makes the race and distance special.

The MPRRC Board members have been working diligently with 808 Race in order to continue the success of the Readiness Series. During the 2010 series, any MPRRC Life Member who runs either one or all five races will receive a refund of \$5.00 per race run from the club. This will give back a total of \$25.00 for life members when running all five races. This might be an incentive for other annual members to consider becoming a life member. Other benefits of being a life member are listed on the MPRRC web site along with other important information concerning the club. Please find time to take a look and see how you might be able to become more involved and perhaps contribute.

Remember, the fastest way to get there is sometimes just to staying healthy so good luck staying on the road.

Mahalo

*Craig Knohl*

### Remaining MPRRC Races for 2010

Phone 295-6777 for latest updates on all club activities. Log on to [mprrc.com](http://mprrc.com) for club information and race results, [active.com](http://active.com) to sign up on-line for races.

- Sunday, June 20, Aloha State Games 10K, Kapiolani Park 7a.m.
- Sunday, July 11, Lanikai 8K, Kailua Beach Park, 7 a.m. \*
- Sunday, July 18, Kailua Beach 8K, Kailua Beach Park, 7 a.m.
- Sunday, August 15, Norman K. Tamanaha 15K, Kapiolani Park, 6 a.m. \*
- Sunday, September 5, Kalaeloa 20K, former Barbers Point NAS, 6 a.m.
- Sunday, September 19, Old Pali Road 4.4 mi., Kionaole Rd, Kaneohe, 7 a.m.
- Saturday, September 25, Windward 25K, Kailua Beach Park, 6 a.m. \*
- Sunday, October 10, Tantalus 10 mile, Makiki, 6:30 a.m.
- Sunday, October 24, 808 Race Hawaii 30K, Kapiolani Park, 5:30 a.m.
- Sunday, November 7, Val Nolasco Half-marathon, Kapiolani Park, 5:30 a.m.
- Sunday, November 14, Senior Olympics 10K, Kapiolani Park, 7 a.m. \*
- Sunday, December 5, SAM's 5K, Kapiolani Park, 7 a.m. \*

\* Indicates race counts toward Outstanding Runner of the Year Award.

### VOLUNTEERS NEEDED !

(ALWAYS)

Help in one of our races in 2010  
Call:

**Halina Zaleski at 349-1984**  
or e-mail her at:  
**[halina@hawaii.edu](mailto:halina@hawaii.edu)**

**THANK YOU!**

# BOB and RON'S 5K RACE

Sunday, March 14, 2010, Kapiolani Park, 7 a.m.

## Top Male

1st Jonathan Lyau.....	16:25
2nd Pete Boksanski.....	16:47
3rd Shawn Dodge.....	16:48
Number of finishers.....189	

## Top Female

1st Julia Ehses.....	18:42
2nd Mina Casey-Pang.....	20:37
3rd Leilani Myers.....	21:05



L-R: Mina Casey-Pang,  
Julia Ehses



At the start



Giovanna Aguilera



Jonathan Lyau



Ron Pate The "Ron" of  
Bob and Ron's 5K



Chris Mewhort



L-R: Nina Schow, Jyo Ma-  
tsuura



Carol Ann Higa

# ALOHA STATE GAMES

By Mark Zeug

The Aloha State Games were started in 1990 by Barbara Velasco, Stan Sheriff and myself, with a grant from the state government and sponsorship support from First Hawaiian Bank. In that first year, we had 5,500 participants in 32 different sports, all compressed into a ten-day period.

Results were printed in the Honolulu Advertiser covering more than three pages of the Sunday sports section. Over the next couple of years, with continued state and FHB support, the games grew to over 50 sports and 8,000 participants. But in 1992, state budgets were slashed and FHB funding was eliminated



Mark Zeug

*(Editor's note: a relative few dedicated people headed by Mark Zeug have kept the Aloha State Games alive. MPRRC member Joan Davis is the coordinator for its 10K which will be held at Kapiolani Park at 7 a.m. June 20th.*

*Unless you participated in the Games' early years, it is hard realize the scope it once held. It was well funded, patterned after the Olympic Games with an opening parade through Waikiki on Kalakaua Ave. of a multitude of athletes going to ceremonies at the Shell and all. I remember being one of the torch runners carrying the flame which burned during the Aloha State Games 51 event venue.*

*I hope MPRRC members will support the 10K along with Mark Zeug to strengthen the Aloha State Games of the future. For information and registration, log on :*

[alohastategames.org](http://alohastategames.org) then select:  
*Kaho`omiki >> Aloha State Games*

The games were leased to Aloha Bowl Charities which operated them for six or seven years, before turning them back to me in 2000. I trimmed the number of sports to those that could be self-sustaining, eliminated the compressed schedule (the Games now are spread over June and July), and turned all event administration over to the individual sport coordinators.

I still coordinate the games but each sports coordinator is responsible for obtaining the venues, arranging for officials and permits, etc. I supply the medals, t-shirts, and insurance, at cost, to each sport coordinator, and they are able to keep the rest of the revenue as a fundraiser for their non-profits.



Scenes from past Games: Top left: Jack Karbens leads the T&F athletes ; right: young 10K winners: Bottom left: older 10K winners: center: the start of the 2009 10K: right: Joan Davis and Bob Doleman long-time race supporters.



# BILL BEAUCHAMP MEMORIAL 10K RACE

Sunday, May 9, 2010, Pearl Harbor Bike Path, 7 a.m.

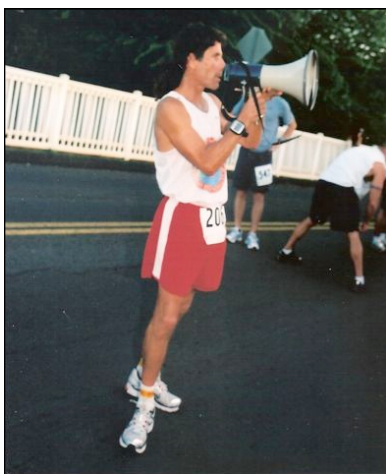
## Top Male

1st Andrew Taylor.....36:09  
 2nd David Carlsson.....37:10  
 3rd Brian Folts.....37:48  
 Number of finishers.....149

## Top Female

1st Cori Folts.....44:01  
 2nd Michelle Flores.....46:59  
 3rd Sarah Yeom.....48:14

(The Pearl Harbor Bike Path 10K Race has been renamed in memory of the late Bill Beauchamp)



Above left: MPRRC Craig Knohl welcomes the runners.

Above center: The runners ready to start

Above right: Natasha Turner, winner of F 10-14

Left: Men's Winners L-R Brian Folts, David Carlsson, Andrew Taylor

Right: Women's Winners L-R Cori Folts, Sarah Yeom, Michelle Flores



Left: MPRRC members who obviously enjoyed the race L-R: Scotty Anderson, Johnny Landeza, Les Omura, Gary Marr, Mokai Estioko

Right: M10-14 winners L-R: Andrew Trozzi (3rd), Diego Cuadros (2nd), Julian Cuadros (1st)



# THE H-3 RUN; OR THE TRANS-KOOLAU TREK; OR HEI HEI O HALAWA EKOLU; OR A LARGE FOOTRACE ON H-3 (continued from last newsletter)

By Dr. Jack Scaff

*(Editor's note: Dr. Scaff continues his story of the Trans-Koolau Trek. Part 1 told of the planning required for this once in a lifetime event. He now continues with the unexpected but very real adversities which arose primarily from Hawaiian activists. There is much more to this part of the story than we can cover here. Dr. Scaff tells us that his complete version of these happenings will be put on the Honolulu Marathon website in July.*

The Hawaiian activists decided that we were their enemies. This caught us completely off guard because we wanted this to be an uniquely Hawaiian event. The Kaneohe side of the H-3 Freeway where sites of Hawaiian activity existed had already been completed. The Halawa section which was being finished as we were planning the race, demonstrated very little archeological activity. Nevertheless, every truck, backhoe and piece of land-moving equipment was followed daily from beginning to end by an archeologist and observers. If anything turned up all activity immediately stopped.

Our mission statement to the State confirmed that any money left over from the race would be directed towards underfunded Hawaiian sports. We knew that the Hawaiians were famous for their "King's Runners" with legendary feats (see "Makoa and the Mullet", p 11, Winter 2008).

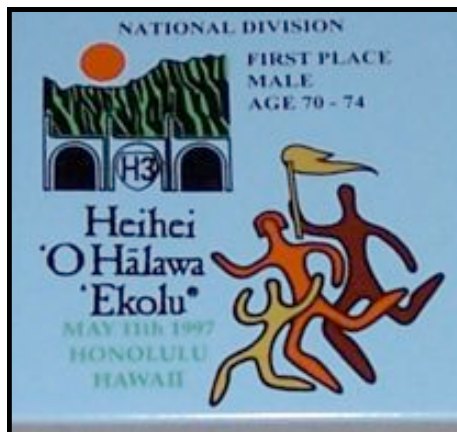
Prior to the H-3 run the Department of Transportation Services decided to have a preliminary viewing entitled, "A taste of H-3" in which buses would carry paying individuals to the Tetsuo Harano Tunnel from the windward side where they could take pictures, ask questions and buy "Taste of H-3" souvenirs. The State asked if we would help coordinate this: First Hawaiian Bank agreed to handle the financials; we got a diesel-driven chilled Matson container; took all the T-shirts and food up to the tunnel and literally slept on top of the T-shirts at night. This was probably one of the greatest pleasures of putting on H-3 because we were actually immersed in the environment for a time.

All the while the activists continued their protests. A march was planned on my medical offices at Kukui Plaza and announced in the form of posters. It would be a hardship on my patients who were no part of this activity hence I elected to close the office. When I had a chance to meet with Gary Sprinkle of Channel 4, he indicted he felt my actions didn't show much bravery but it seemed to me that nothing I could say would affect the protesters and this would be reflected in the news reporting. Along the way, initial publicity was good. National Masters News, September 1995, suggested: "Make plans for Hawaii in 1997. A spectacular one time only ten mile footrace is planned for sometime late Spring or early Summer of that year." Associated Press 1995: "The first major traffic flow on the H-3 freeway when it's completed in the Fall of 1996 won't be on wheels but on shoes. Possibly 160,000. Pat Bigold of the Honolulu Star-Bulletin (and now the spokesman for the Honolulu Marathon) began a series of articles which were not newsworthy but rather diatribes. He published



Dr. Jack Scaff

vilifying articles, initially weekly and the sometimes more than one a day, all corroborating the negative effects and poor execution of our plans for the race. This had a noticeable effect. The Department of Transportation became understandably nervous but to their credit never backed down. We knew that we were running in a sea of negative publicity. I remember very well one of Pat Bigold's articles approximately six weeks before the event indicated our inability to even "certify the course." how in God's name do you certify a course which isn't even finished? Parts of it were only concrete girders with the rain forest clearly visible 100 feet below. But certification was achieved thanks to Ron Pate of MPRRC. This was no easy task. Ron (and somebody from DOT had to be with him) called me from near the tunnels telling me that the rain was being driven horizontally by 40 mile per hour winds. He could not ride his bike but had to push his bike downhill to complete the certifications. Any praise from Mr. Bigold? Nada.



H-3 Award using special tile produced for the tunnel in Italy. The 3 figures are the 3 "H"s mentioned in article.

As race day approached nobody was certain we could meet the time

# THE H-3 RUN (continued)

By Dr. Jack Scaff

line but everybody (DOT, Kiewit, and others) worked almost around the clock to assist. Post holes in the freeway were pulled, concrete poured, restraining barriers moved, runner lanes were created and on and on. How tight was it? Well, we had scheduled a volunteer run the week prior, both to show our gratitude to the volunteers who gave freely of their time but equally important to check out the course prior and look for glitches. One week prior the course wasn't ready! What to do? Hope the course would be ready a week later and hold the volunteer run a week after the race was over.

There was also something else to contend with—unique for a road race. The Coast Guard Loran Omega Station (one of 8 stations worldwide) had a network of six 7,200-foot antenna cables stretched high across Haiku Valley (required helicopters to service them) emitting very low frequency waves that helped ships and planes navigate around the world. Critics indicated that the antenna could cause electrical shocks and problems with pacemakers as well as potential long-term problems. We investigated this fully and as a Cardiologist I learned that there had never been a problem with any of the Loran stations in the world. As it turned out, satellite systems replaced Loran prior to the race and this was not a problem.

As race day approached we arranged for a huge expo and packet pickup at Kapiolani Park. Because of the activists the Japanese runners preferred to have their data picked up and taken to the hotel. The runners picking up their packets did not want to stick around and be harassed. As a result while the pickup went perfectly, the sales of H-3 items failed. In spite of these hardships (and emotionally they were extreme hardships) every-

body including our sponsors and MPRRC hung in there and we were going to do this no matter what. What we had planned as The Great Trans-Koolau Trek in truth was more like we were invading Guadalcanal.

The day of the event came. Our expenses were overwhelming, a bankruptcy a possibility especially since in order to satisfy the critics we had ordered enough T-shirts, pins, and certificates for upwards of 75,000 runners (and it could have happened). On the day of the event the

SWAT teams swept the entire area for possible IED's, met with me and accompanied the busses. The busses were making pickups at three sites—Leeward Community College, Aloha Stadium, and downtown. This had never been attempted before. The busses were then to deliver the runners to the start and we would be using staggered starts at one-half hour intervals over a two hour period. The activists were literally holding hands on and around the freeway interchanges. I remember

*(concluded on page 15)*

**Age Groups**

Awards will be mailed to first, second and third place male and female finishers in the Local, National and International divisions, for a total of 18 awards in each of the following age groups: 7-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+.

Qualifying times are as follows:

	Male			Female		
	10 km	10 mi	Marathon	10 km	10 mi	Marathon
14 & under National/Intl		1:05:30			1:17:58	
14 & under Local		1:14:41			1:28:00	
15-19 National/Intl		52:15			58:45	
15-19 Local		59:30			1:07:35	
20-24 National/Intl						
20-24 Local						
25-29 National/Intl						
25-29 Local						
30-34 National/Intl						
30-34 Local						
35-39 National/Intl		52:15			58:45	
35-39 Local		59:30			1:07:35	
40-44 National/Intl	35:00	54:35	2:32:35	37:30	1:02:08	2:53:20
40-44 Local	37:30	1:02:08	2:55:20	42:00	1:09:40	3:13:46
45-49 National/Intl	34:30	57:02	2:39:20	39:00	1:04:39	3:00:12
45-49 Local	39:00	1:04:39	3:00:12	44:00	1:13:00	3:22:48
50-54 National/Intl	37:00	1:01:17	2:51:00	42:00	1:09:40	3:13:46
50-54 Local	42:00	1:09:40	3:13:46	49:00	1:21:25	3:45:08
55-59 National/Intl	39:30	1:05:30	3:02:32	47:00	1:17:58	3:36:03
55-59 Local	45:00	1:14:41	3:27:17	53:00	1:28:00	4:02:45
60-64 National/Intl	42:00	1:09:40	3:13:46	51:00	1:24:45	3:54:03
60-64 Local	48:00	1:19:43	3:40:43	1:00:00	1:39:35	4:33:00
65-69 National/Intl	45:00	1:14:41	3:27:17	56:00	1:33:07	4:16:03
65-69 Local	52:00	1:26:27	3:58:33	1:06:00	1:49:28	4:58:00
70-74 National/Intl	49:00	1:21:23	3:45:08	1:02:00	1:43:03	4:44:06
70-74 Local	57:00	1:34:42	4:20:14	1:10:00	1:56:00	5:15:35
75-79 National/Intl	55:00	1:31:20	4:11:27	1:10:00	1:56:00	5:15:35
75-79 Local	1:03:00	1:44:39	4:46:18	1:20:00	2:05:39	5:46:18
80-84 National/Intl		1:43:30	☆		2:10:00	☆
80-84 Local		1:57:00	☆		2:15:00	☆
85+ National/Intl		1:58:00	☆		2:50:00	☆
85+ Local		2:15:00	☆		2:50:00	☆

☆ Proof of Completion Ribbon

Qualifying times were set for all divisions and starting times staggered according to these divisions beginning with the fastest divisions and working down.

## REFLECTIONS ON THE BOSTON MARATHON by Kit Smith

(Editor's note: see "Running the Loop", page 10, for more on Hawaii's Boston finishers)

Give the Boston Marathon credit. They've been staging this most prestigious of all world marathons for 114 years. Talk about tradition! Still, since my first Boston in 2000, they have made some bold improvements. Two of those changes allowed me to come home in April with an age group award — 3rd in men 75-79 — a happy and fulfilled man. I'll explain in a bit.

A brief history of the changes affecting me: In 2000, my first Boston, the high noon start was chaotic. The pre-race corrals were wider than the starting mat. Result: a crush of runners in the first mile, the steepest downhill of the course. In 2002, my second Boston, the starting corrals were narrowed. Good! So the first mile, and ensuing miles, were less jammed, although still crowded.

Then in 2006 came a major change — a two wave start. The first wave, of the faster qualifiers, left at noon. The rest of us left at 12:30. Crowding pretty much disappeared as an issue. Refinement came in 2007 when starting times were changed to 10 and 10:30 a.m., two hours earlier. Again, approval was universal. Other changes have dealt with times and timing.

**Qualifying times:** To qualify for Boston 2000, at age 65, I had to post a time of 3:45 or better. For a 70-year-old the standard was 3:50, and that was as easy as it got, even for an 80-year-old. But then in 2003 we oldsters got a break. The qualifying time for a 70-year-old male was increased by 40 minutes — to 4:30. At age 75 it went up to 4:45 and at age 80 to 5 hours. (Qualifying times for women are a half hour more, at each level.)

**Use of "chip time" as primary.** This came with the switch to the two wave start. Prior to 2006, each finisher's results were ranked by "gun time" — the time from the starting gun to the moment of hitting the finish line. Yes, chip times — recorded from starting mat to finish line — were reported, too, but age-group results were ranked by gun time. This struck me as dreadfully unfair as I saw my name below those with slower chip times — some of whom I felt sure had started in an unauthorized corral ahead of me. But with the two-wave start, gun times were totally dropped. Now only chip times are reported. Yes!

**Age group awards.** Remarkably Boston used to have 10-year-brackets — 40-49, 50-59, 60-69 and 70 and over. Every participant by definition ranks as a top age-group runner yet no other marathon has been stingier with age-group awards. But then last year came a change to 5-year brackets. I took immediate notice, as I was to turn 75 in July 2009. I figured I had a shot at least at 3rd place. Hence my decision to go for it.

So...indeed, in a time of 4:18:03, I did come home with a 3rd place award — third of 19 in M75-79. It's a sturdy, tasteful, modernistic glass bowl, and I love it.

No surprise, this was by far the slowest of my four Bostons — but the only one that put me "in the money". Hang in there fellow seniors! One thing hasn't changed over the years — Boston's powerful appeal. This was the first Boston Marathon ever to have closed registrations in the previous year — last Nov. 24 — due to the crush of sign-ups. That was barely two months after registration opened! **Advice:** Don't plan to use the 2010 Honolulu Marathon as a Boston qualifier. You likely will be too late.



Kit Smith in action



Kit's 3rd place Boston Marathon awards



Brandon Laan 1st Hawaii finisher in 2010 Boston with a time of 2:28:13



## MEET OUR MEMBERS

By Lyle Nelson



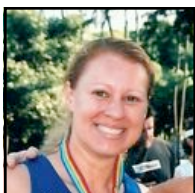
**DON ANDERSON** has been fast walking for 14 years and trained under coach Brian Clarke for 10 years. Born in Toledo, Ohio, schooled at Kent State, Don came to Hawaii 37 years ago from Cleveland. He works in real estate, lives in Hawaii Kai. He is proud of his five children, twelve grandchildren and three great-grandchildren.



**CHERYL BENNETT** teaches creative arts such as working with glass and metals at Kamehameha Schools. She has always preferred swimming and biking to running but nevertheless she has logged four marathons. Cheryl, born in Buffalo, New York, was active in dancing, swimming, and skiing at the University of Buffalo. Cheryl's husband, Curtis, is also on the Kamehameha faculty. They live in Ewa Beach. Cheryl has a son who works in the body building business in San Diego.



**ALEX BUCHHOLZ** of Nuuanu is a financial services adviser who ran cross country at Kaiser High. He graduated in finance from the University of Hawaii (Manoa) and has been on the running scene for four years. His wife is Shahla and their boy was born Christmas Day in 2008.



**ASTI TOMSIC** lives near Kapiolani Park with husband, Lou, a veteran on the local running scene. Asti was born in Sydney and liked long distance running in high school. She arrived here from Australia in 2000 and has now done nine marathons including those done in Samoa and Tahiti. Asti is a computer specialist who took up running to get into shape.



**LOU TOMSIC**, a professor in computer science at Wayland Baptist University, has done 25 marathons that include 12 in Honolulu, 3 on Maui and, among others, Hamburg, Germany, and Seattle. From Chicago, Lou came to Hawaii in 1985 and ran cross country for Hawaii Pacific University. He and Asti have an infant son also named Lou (see "Running the Loop" in our Spring 2010 news letter).



**TAMMY BAUTISTA** has done seven marathons, including Kona three times, and she has met the requirements to do the next Boston. Tammy, who lives in Foster Village, met her husband, Dixon, a local man, on the internet through e-harmony. Then a meeting led to matrimony and a move for her from San Antonio, Texas to Hawaii. Tammy is a hair stylist, born in Lubbock, trained in Dallas. She took up distance running in 1997, moved to Hawaii in 2006.

# RUNNING THE LOOP

By Bob Henninger



## Connie Comiso-Fanelli

The Thursday, May 27, Honolulu Advertiser Island Life section printed a great article about her and her son, Gary Fanelli, Jr. The gist of the article was “A healthy lifestyle and setting an example are priorities for a single mom, coach”.

Along with this are some beautiful pictures of them running together up Tantalus, her “favorite run of all time”

I get a kick out of seeing young Gary Jr. towering over his mom—she barely comes to his shoulder. I don’t think she is shrinking so Gary has grown like a weed.

There are six pictures all taken on Tantalus and all worth viewing. I don’t know what will become of the Honolulu Advertiser website, but you can always view them by putting Connie’s name on Google.

## Membership Renewal

All annual MPRRC memberships expire June 30th. For convenience we have printed the current application blank on the opposite page. Read Craig Knohl’s “President’s Forum on page 2. Craig suggests we consider Life membership. Besides not having to pay to run any club races, the club is now giving Life Members \$5.00 rebates for each Readiness Series race run.

## Photo Credits

Cover: Tesh Teshima  
Page 4: Bob Doleman except start of race which is by Tesh Teshima  
Page 6: Award Tile: Bob Henninger  
Page 7: Bob Henninger  
Page 10: Shoes: Chuck Strang  
All other pictures: Tesh Teshima

## Hyon Sue Hughes

Hyon Sue Hughes died recently at age 68 from a stroke according to her husband Bob Hughes. She ran 6 continent marathons and was expecting to do the last in Australia this year. Hyon was a good friend of Tesh Teshima and ran the Ichinoseki Half Marathon with Todd Iacovelli and Brandon Laan last year. She is pictured below (778) in this year’s Straub Women’s 10K along with Lorie Young (473) and Mollie Chang (1220),



## Decisions, Decisions!

Tom Knoll, the two-time trans USA runner has to be careful about the shoes he wears. Here he contemplates this decision with a selection not familiar to the rest of us.



## More on the Boston Marathon

On page 8, Kit Smith reflects upon the Boston marathon where he won an award this year. We would like to recognize the four other MPRRC runners who qualified and finished this prestigious event. Congratulations to all of you!



**Jonathan Lyau • 2:48:19**



**Blandon Kainalu Piel • 2:51:13**



**Coswin Saito • 3:35:27**



**Michael Kasamoto • 3:35:49**

It's time to renew your membership! If none of the info below has changed, just enter your name, sign waiver, date and enclose a check. Thank you!

**MEMBERSHIP APPLICATION**  
*Mid-Pacific Road Runners Club*  
c/o Paula Carroll, Membership, 4791 Anali Street, Honolulu, HI 96821

The *Mid-Pacific Road Runners Club* organizes about 15 to 20 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](http://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 6/01/08)

Name: \_\_\_\_\_ Phone (Hm): \_\_\_\_\_ Phone (Wk): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth (M/D/Y): \_\_\_\_\_ Age: \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Membership: New \_\_\_\_\_ Renewal \_\_\_\_\_ E-mail address: \_\_\_\_\_

Annual Dues (please enclose check payable to MPRRC).

(Circle one)	Junior (under 19)	Single	Family (including dependents under 19)
July 1, 2010 – June 30, 2011	\$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: \_\_\_\_\_

# STRAUB/KAPIOLANI WOMEN'S 10K RACE

Sunday, March 7, 2010 • 7:00 am • Kapiolani Park

## Top Finishers

1st	Chantelle Wilder.....	36:46
2nd	Kim Kuehnert.....	39:15
3rd	Shonny Vanlandingham.....	40:12
Number of finishers.....		1,757



At the start the elite runners take their first stride



Linda Moran



Eileen Ward



At the finish Chantelle Wilder is about to cross the finish line and win the race



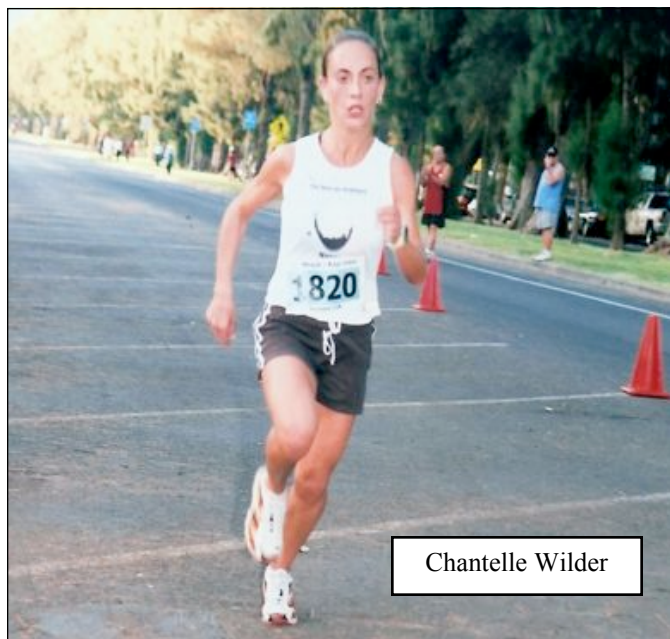
Kimberly Pugliese



Kate Shigetani



Kelli Lyau

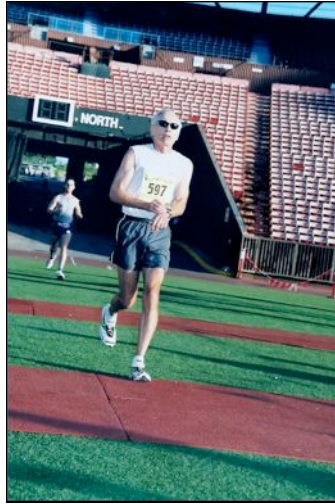


Chantelle Wilder

From MPRRC files.... Pictures by Tesh Teshima



Neil Voje, many times race director in the past



Ed Cadman a 2004 GAR age division winner



Sandra Burgess nears the finish line



Joan Davis presents an award at the "Last Run of the Year" fun run



Marshals Bob Henninger and Brooks Kakiuchi give runners directions as Halina Zaleski looks on (in disbelief??)



Geoff Howard in 2001 top form



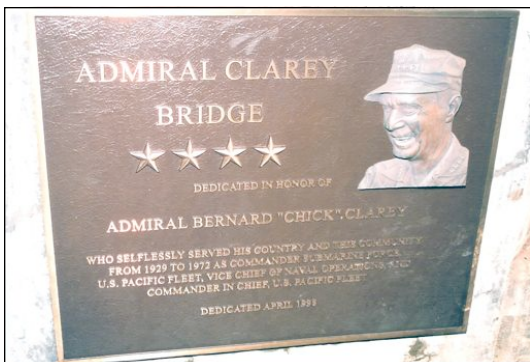
Unidentified but definitely winners!



Helen and Hawthorne Merkle

## MPRRC MEMBERS RUN THE FORD ISLAND BRIDGE 10K

Not a club race, this is one of Oahu's most popular races with 2,601 finishers this year! MPRRC members were well represented, some of them pictured here. For complete results, log on to our website, [www.mprrc.com](http://www.mprrc.com), and select race results and the Time Line link.



Left: Adm. Clarey Bridge plaque. His wife attended early races and presented awards to winners.

Right: Thousands of runners jam the bridge beginning the race.



Connie Comiso-Fanelli



Eric Gilman



Don Anderson



L-R: John Simonds, Tom Knoll, Laura Murray



L-R: Rene McWade, Carole Kleve, Susan Block, Shirly Alvaro

## THE H-3 RUN (concluded from page 7)

By Dr Jack Scaff

listening on the radio as the police were making alternate routes, hundreds of busses following. What happened? All the runners got to the start on time and the staggered starts came off perfectly without a glitch. The runners were awed, stopped to take photos of the tropical rainforest, enjoyed the award ceremony in Aloha Stadium and for all 17,000+ finishers not a single complaint. Motorola had set up our own separate cell bands; Kiewit had helped us immensely by providing the space; Hawaiian Electric brought in massive flood lights and we were able to light the entire one-half mile starting area. Clearly a major success but a pleasure denied by the pressure to another 50,000 or 60,000 people who would like to have attended and indicated in retrospect that they wished they could.

But what about the activists? We

were the smallest part of the development of H-3. We had nothing to do with any of it and without the race H-3 still would have opened when it did. All they had done was shoot the messenger and once that goal was accomplished they quieted down. I had a chance to meet with them at the official opening of the H-3 by the U.S. Department of Transportation (this was after all a federal highway) and the State DOT. They performed blessings and cleansing chants and then they disappeared during the H-3 opening.

Everything reflected the H-3 theme - Hei Hei O Halawa Ekolu. All of our artwork showed the Hs. We also had the three Hawaiian or the triumvirate in petroglyph form on all of our publicity—the father, the mother, and the child (*see award tile on page 6*). But what the public wasn't prepared for at the start is truly remarkable. We had arranged for three Howitzers

(H-3), one at the start, the second at the tunnel, the third at Aloha Stadium. Each salute would be H-3 and heard both on the windward and mauka sides. These Howitzers were provided by the Hawaii National Guard manned primarily by Hawaiians and I was pleased at that. The start Howitzer would be answered by two other Howitzers along the course. Three in all. Ekolu. Hei Hei O Halawa Ekolu. Our name. And as the last group passes a final salute. Three rounds at three-seconds each. Ekolu in total a 21-gun salute. It still gives me chicken skin when I think of it because so much love and effort had been poured into this event.

What happened after? Well actually the newspapers were pretty good. It seemed that everybody had a good time. We had 17,000 finishers, the largest 1st time foot race ever in the U.S. The Advertiser noted, "...great time for all. Let's do it again..."



**Alfredo Aromin** looks strong on the highway in the 2004 Kona Marathon

**Photos by  
Tesh Teshima**



**Christa Obara** shows the form that makes her a frequent age-group winner

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

## Mid-Pacific Road Runners Roster of Club Officers

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

President.....Craig Knohl.....228-5306	Treasurer.....Andrew Taylor.....927-0284
President Emeritus ....Bob Doleman..(580) 351-8459	Membership
Past President.....Andrew Taylor.....927-0284	Coordinator.....Paula Carroll.....375-0917
President-Elect.....Kainalu Picl.....239-0047	Newsletter.....Bob Henninger.....422-0732
1st Vice-President.....Joan Davis.....535-9070	Lyle Nelson.....941-1988
(Race Operations)	Kit Smith.....395-9535
2nd Vice-President.....Joy Schoenecker.....396-0115	Chuck Strang.....955-1359
(Administration)	(Submit newsletter pictures/articles to:)
3rd Vice-President.....John Simonds.....373-3609	4334 Hakupapa St., Honolulu, HI 96818
(Public Affairs)	(or) Rshennin01@cs.com
4th Vice-President.....Halina Zaleski.....349-1984	Legal Advisor.....Dick Sutton.....255-2606
(Volunteer Support and Equipment)	Webmaster.....Andrew Taylor.....927-0284
Secretary.....Judith Inazu.....261-8823	USA T&F.....Dick Sutton.....255-2606
	RRCA Rep.....Joan Davis.....535-9070