MID-PACIFIC ROAD RUNNER

The official monthly publication of Mid-Pacific Road Runners Club, Hawaii's foremost long-distance running organization since 1962.

Vol. II No. 3 February, 1984

The timely return of Jerry Clark

State 15-K rankings

Jon Anderson anchors camp

President's Corner

By Carl Ellsworth
President, Mid-Pacific Road Runners Club

We had a large turnout at the January membership meeting and several important issues were discussed. Unfortunately, there was a foulup on getting refreshment to the meeting for which I apoligize. It won't happen again.

The following agenda items were covered:

a. I explained why there would be no Irish Stew Relay and why the Honsport 30/30 is not on the 1984 Running Schedule. In a few words: lack of interest in the Irish Stew and no word from Honsport on what they intend to do about the 30/30 this year.

b. Dan Tompkins gave a detailed report on the status of the running camp. Dan mentioned that he already had 20 people who have paid a deposit or in full.

c. I mentioned that the Executive Committee had approved a proposal to use the same 19-and-under age divisions in the RRCA races as in the MPRRC races. The RRCA Handbook only provides for a 19-and-under division but a recent document from RRCA states that it strongly recommends clubs providing for additional divisions. This change will go into effect at the beginning of the new race year in May.

d. Dave announced that the new revised pages of the club handbook were available as were complete handbooks for new members.

e. I noted that a major effort has been made to increase membership. It has increased from 362 in October 1983, to 508 in mid-January, 1984. The "Dear Fellow Runner" letter which explains the benefits of becoming a club member and which have been distributed to all the running stores and are given out at club races will also be inserted in the packets for the big T-shirt races the club puts on.

f. The proposal to amend the By-Laws concerning annual age division awards was postponed until the April meeting after almost an hour of hair-splitting when Giovanni Bartolini charged that the proposal did not meet the technical requirements of the club constitution.

g. It was announced that the April meeting will be the time for the annual election of club officers and that Chris Obara had agreed to be Chairman of the nominating committee. She will be assisted by Chris Lee and Harold Chapson. If anyone wishes to run for office or has someone they would like to recommend, they should contact Christa (521-4437).

h. The next meeting is scheduled for April 18, 1984 at 7:30 P.M. at the YWCA on 1040 Richard Street near Iolani Palace. This meeting will include the annual election of club officers, so be sure to attend.

Putting on the races

The final club race of the year had the largest turnout for a MPRRC race in 1983. 249 runners, including many tourists, circumvented Diamond Head Dec. 26, 1983.

Expecting a big turnout, race directors Duke Frey and Nora Ikeda had an army of volunteers to staff the finish line, aid stations and direct the runners. Allan Schelmerdine did a terrific job on measurement and overall coordination of course marshals and the aid station. Joyce Spoehr put it all together at the aid station. Stan Karansky did a very professional job of running the very elaborate finish line. There were no problems with turkeys as Greg Gaydos "persuaded" them to avoid the finisher chute. (Contrary to rumors, he never actually used the baseball bat.)

Chris Lee and her crew were super-busy signing up runners and reconciliating race results and pulled it off without any glitches.

The race was extremely well run and kudos came from several of the tourists who were amazed by the way the race was conducted since it was virtually free.

By contrast, the Bosetti 10K, which was directed by former MPRRC president Gordon Dugan, was small (about 70 runners). But although it lacked size, it didn't lack expertise. In addition to the aid of his wife Barbara, Gordon had such people as Sara Christopher handling the chronomix and Tom and Doris Ferguson who added a new dimension with precision management of the order of the finishers.

So the last race of 1983 and the first race in 1984 were very successful and reflected onthe talent the club has in conducting first-rate running events. Well Done, Duke!

MID-PACIFIC ROAD RUNNER

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On the cover

Runners in the 1984 Kilauea Volcano Wilderness Marathon trudge over miles of lava flows in the Ka'u Desert at the end of January. The Big Island run, plus a 5.5-miler and 10-miler held at the same time, drew almost 1,000 entries. Boone Morrison, a Volcano photographer known statewide for his hula portraits, took the picture. He also took the picture on Page 15.

Super Wednesday

It's time to elect officers for the coming term in the Mid-Pacific Road Runners Club.

Martin "Duke" Frey is not pictured below, but he has agreed to stay on as second vice-president, pending your approval of course. He was off island when pictures and personal data were being assembled.

The vote is April 18, Wednesday, at the membership meeting. It's at the Richards Street YMCA and starts at 7:30 p.m. Refreshments will be served and other matters will be discussed.

Carl Ellsworth

Candidate for president

Carl Ellsworth, 52, is a retired U.S. Civil Service personnel director, GS-14 who has a PhD in Political Science from the University of Hawaii.

Carl has made the job of president of the Mid-Pacific Road Runners Club a full-time effort. He has agreed to take on the challenge one more year if members agree.

He feels the most significant achievements of the current administration of the club have been the dramatic increases in club finances and membership and the great strides that have been make in the quality of club races.

Since turning 50, Carl has PRs of 35:20 in the 10-K, 1:19:17 in the half-marathon and 2:47:32 in the marathon.

Carl resides in Kailua with his wife and also runner, Tsuru.

Bill Barton

Candidate for third vice-president

Bill Barton is a Senior Vice President at Hawaiian Trust Company, Ltd., in charge of its Investment Department.

He had a B.B.A. and an M.B.A. in Finance from the University of Michigan and is a Chartered Financial Analyst.

Bill moved to Hawaii 2½ years ago from Birmingham, Mich. He was treasurer of the Motor City Striders for six years before coming to Hawaii.

He ran track in high school, college and Air Force. He was a member of Michigan's Big 10 champion mile relay indoors and outdoors teams in 1952-53. He also was a member of the 1956 Air Force champion mile relay team. His sprint PRs are 21.9 in the 220 and 47.8 in the 440.

Barton stopped running after leaving the Air Force and returned to graduate school. He played in hockey and softball leagues and gradually returned to running in 1972.

He is a veteran of five Boston Marathons -- 15 marathons in all -- and three Honolulu Marathons. He is at the moment recovering from an Achilles tendon injury sustained last June.

Bill says he's running for office to support his Hawaii running mentor, Carl Ellsworth.

Ron Barozzi

Candidate for first vice-president

Ron Barozzi is the Director of Employee Assistance Services for Child and Family Service, a private non-profit organization which offers professional counseling and education to businesses.

Barozzi has taught in the University of Wisconsin System and the University of Hawaii.

He is the author of a number of articles on Human Relations Training, and has provided consultation to Mainland organizations. He lectures extensively and conducts training seminars for businesses on assertion training, time management and anger management.

Ever see him mad at the end of a race? Not a chance.

One seminar Barozzi conducts is How to deal with Difficult Customers. Masters runners find him already a tough customer to deal with.

Opinion

Orthodics may not be the answer

By Jack Scaff
Director-Honolulu Marathon Clinic
President, ASPAC

As you know, as Director of the Honolulu Marathon Clinic, I have never been quilty of understatement although most of my comments have withstood the test of time. My shared opinion with my partner, orthodedic surgeon Rowlin Lichter, M.D., that orthotics are over-prescribed and under-effective would seem to be substantiated by a series of research reports that have recently emerged from the NIKE Sports research laboratory in Exeter, New Hamshire.

I have elected to abstract the following (although the full article can be make available on request):

1. "The Effects Of Orthotics On Rear Foot Movement In Running":

   "Thus it appears that orthotics have a greater effect on the velocity of pronation than they do on the amount of pronation".

   COMMENT: i.e., amount of pronation stays about the same with or without orthotics.

2. "Barefoot Running And Rearfoot Motion":

   "The maximum amounts and rates of **pronation** were **significantly increased when the subjects wore shoes** as compared to results of the barefoot condition. The angle of inversion (supination) of touchdown was also significantly greater when the subjects wore shoes as compared to the barefoot condition.

   COMMENT: The shod foot represents a compromise in urban society that always extracts an expense.

3. "The Effects Of Orthotics On The Aerobic Demands Of Running".

   "If orthotics helped correct problems with runners gait, it might be assumed that the runner could experience an improvement in running economy as a result of wearing orthotics. . . (however) it became apparent that the athletes required less oxygen to run without orthotics".

   "This research suggests that an **athlete does not experience better running economy when he inserts orthotics** in his shoes".

4. "The Effects Of Mid-Sole Hardness, Heel Flare And Heel Height On Rear Foot Control":

   "Medical literature suggests that maximum pronation may be the most important rear foot movement parameter causing running injuries. If this is so, these data show that a shoe with a firm mid-sole of 35 durameter or greater with a heel flare of 15 or 30 degrees will help control rear foot movement related injuries".

   COMMENT: This is a rather long article, the bottom line being that weaker or firmer mid-soles and greater or less degree of flare offer less ideal results.

Does this man need orthodics, or just a pair of shoes that fit?

SUMMARY:

Extrapolating this data would seem to support our basic posture that orthotics are generally not as effective as popularly believed and when used are always used at the expense of economy.

It also supports our contention that initial thought should be given toward choosing the proper pair of running shoes rather than orthotics and that orthotics should only be considered when all else has failed (including, in selected instances, proper medical consultation).

In the fast lane . . .

By Mike Tymn
MPRR Associate Editor

Many runners give up the sport because of knee problems.

Paco Martinez, however, took up running because of a knee problem.

"I had a bad skiing accident in Alaska and had all the cartilage removed from my left knee," he said recently. "So the doctor told me to start doing some kind of exercise to get the muscle back in the leg."

Let it be known that the muscle is back in the leg.

Now, just two years after his introduction to running Martinez is almost as hot on the road as his chili peppers he uses to spice the meals at La Mex, where he is employed as a chef.

Paco won his first race recently and a significant one at that. He broke away from the pack at the beginning of the Kaneohe RRCA 10-K championship and won easily in a PR 33:08. What makes that doubly significant is that Martinez now will reign for a year as the state's 10-kilometer champion, since it was the RRCA title run for that distance.

Born in Mexico City 32 years ago, the 5-11, 145-pound Martinez played soccer and basketball during his school years, but "nothing remarkable," he says. He accepted a position as chef trainee with La Mex in Alaska when he was 23 and transferred here in 1981.

"I'd heard about the Honolulu Marathon, but I didn't know about all the other races here," he said. "When a friend told me about the Honsport 30-30, I started training for that, just to see if I could finish. I did, and then I decided to train for the Honolulu Marathon."

Martinez finished the 1982 Honolulu Marathon in 3:06 and was then hooked on running. You have to be a little hooked to fit it into a schedule like his.

After working the 8:30 a.m. to 3:30 p.m. shift at La Mex, Martinez rushes to his Waikiki abode, makes a quick change, puts in six or seven miles, showers, and then is off to his 6 p.m. to 11 p.m. job as a bartender at a Greek restaurant. He sleeps from midnight to 7.

There's a lot more about Paco Martinez that will emerge as he continues to improve in the local running scene.

Martinez first showed up among the leaders in last year's Val Nolasco half-marathon. He placed sixth in 1:15:27. That led him to believe he had a good marathon in him, but he crashed near the 20-mile mark of his second Honolulu Marathon, finishing in 3:08.

"I don't think I trained quite right," he said. "I got greedy and went out too fast. By the time I realized it, it was too late."

In the Pearl Harbor bike path 10-K a month later, Martinez recorded a 33:25 for second place, his PR at the time. He finished third in the recent Run for Diamonds 5-mile event with 26:13.

That's when Jon Cross started to look at Martinez as something other than another runner toeing the starting line.

"He really shot out in front at the start," said Cross, who won the race. "I caught up after about a mile and a half and pushed the pace right away. Paco stayed with me for almost a mile. Hey, I got a lot of respect for the guy hanging in there like he did. I was beginning to wonder if I could break away at all when he finally dropped back."

Martinez believes his best distances are fast-twitchers. "I think I prefer the 5-mile to 10-K range," he said. "I don't know whether I want to try another marathon or not. Maybe if I can quit one of my jobs and train right. (He averages 40-45 miles a week.) Right now, I just want to keep running and get the 10-K time down into the 32s."

Concidering the limited adaptation time and the relatively low mileage, you have to wonder just how good Paco Martinez can be.

Paco Martinez goes against the flow at the Kaneohe RRCA 10-K championship last month: how good can he be ?

State half-marathon rankings

Here are the state rankings for the half-marathon.

As pointed out in the 15-K listing in the last issue, the time standards are all based upon the original, somewhat arbitrary marathon standards. We decided upon sub-6 minute mile pace for the marathon (2:37:15) for men and sub-7 mile pace for women (3:03:28). The age-division records were established at 6½ for masters men under 50; 7 for men 50 and over; 7½ for men 60 and over, as well as for women 40 and over; 8 for women 50 and over; and 8½ for women 60 and over. The time standards at shorter distances are arrived at by reference to tables of comparative performance.

For the half-marathon, we found that 1:15:06 requires an effort equal to a 2:37:15 marathon and a 1:27:56 effort equal to a 3:03:28 marathon.

We considered times turned in on the Windward Half-Marathon course, which was certified in its first year, 1981, and on the Val Nolasco Memorial Half-Marathon. Although the latter course has never been certified, it appears to have been properly measured beginning in 1981. Before then it was a 22 Kilometer course (13.7 miles).

We had hoped to consider results from the EOD Half-Marathon, but we were not able to find anyone with knowledge as to how that course was measured. If any club member has information concerning this, please drop us a note (P.O. Box 2571, Honolulu 96803) with particulars. We promise to check it out and consider past results when the listing is updated next year.

Also, we have for the first time compiled state records for various divisions. The 20-34 age groups have been grouped together because people in those groups seem to be equally advantaged and past records do not always indicate the specific ages. If you are aware of any errors in the listings or records, please drop us a note so that we can correct them.

Late Additions: Just before going to press, we received half-marathon results from the Valley Isle Road Runners Association. They are from the Kihei Half-Marathon last October. We are informed that the course was wheel measured.

STATE HALF-MARATHON RECORDS

MEN

Overall:	Farley Simon	1:07:12 VN 83
19, under	Ben Deptula	1:16:13 VN 81
35-39:	Dewey Cartwright	1:11:34 WW 82
40-44:	Gavin Jones	1:16:29 WW 83
45-49:	Jim Gallup	1:11:10 VN 81
50-54:	Carl Ellsworth	1:19:17 WW 82
55-59:	Scott Hamilton	1:24:34 WW 83
60-64:	Gerold Horton	1:23:52 Kihei 83
65-69:	Masato Shibasaki	1:51:55 VN 83
70-99:	C.C. Latshaw	1:40:32 WW 83

WOMEN

Overall:	Karen Curtis	1:20:12 WW 82
19, under	Tammy Cartwright	1:27:55 WW 82
35-39:	Adrienne Johnson	1:22:24 VN 83
40-44:	Joan Lapierre	1:30:28 VN 82
45-49:	Susie Bartels	1:33:16 WW 83
50-54:	Rose Nakamura	1:49:47 WW 82
55-59:	Joan Flynn	1:53:06 VN 83
60-64:	Margaret Lee	2:00:26 VN 83
65-69:	Kikue Kimoto	2:19:06 VN 82
70-99:	None	

MEN — Sub 1:15:06

1.	Farley Simon	1:07:12 VN 1982
2.	Steve Sobaje	1:08:11 VN 1982
3.	Rob Beyer	1:09:48 VN 1981
4.	Jim Barahal	1:10:55 VN 1981
5.	Jim Gallup	1:11:10 VN 1981
6.	Dewey Cartwright	1:11:34 WW 1982
7.	Jim Johnston	1:11:36 VN 1982
8.	Jim Press	1:11:55 VN 1981
9.	Don Mullinax	1:12:40 VN 1983
10.	Doug Lindsey	1:12:58 WW 1981
11.	Quentin Bruhn	1:13:22 VN 1982
12.	Dennis Swart	1:13:36 VN 1982
13.	Mike Tymn	1:13:37 WW 1982
14.	Bruce Douthett	1:14:03 VN 1982
15.	Greg Wooley	1:14:04 WW 1983
16.	Kelley McFate	1:14:10 WW 1983
17.	James Malene	1:14:19 WW 1983
18.	Andy Libert	1:14:21 Kihei 1984
19.	Greg Muramoto	1:14:36 VN 1982
20.	John Nigro	1:14:47 VN 1983
21.	Brian Chong	1:14:56 VN 1983

MEN — Sub 1:21:28 Masters

1.	Jim Gallup	1:11:10 VN 1981
2.	Mike Tymn	1:13:37 WW 1982
3.	Jack Tuttle	1:16:14 VN 1983
4.	Gavin Jones	1:16:29 WW 1983
5.	Jeremy Clark	1:16:44 VN 1981
6.	Mike Lapierre	1:18:23 VN 1982
7.	Larry Axmaker	1:18:33 WW 1982
8.	Dave Browne	1:18:53 VN 1983
9.	Ron Peroff	1:19:12 VN 1982
10.	Carl Ellsworth	1:19:17 WW 1982
11.	Alfred Bogenhuber	1:19:32 VN 1981
12.	Don Leopoldo	1:19:32 VN 1981
13.	John Monge	1:20:32 VN 1983
14.	Gordy Sims	1:20:48 VN 1983
15.	Max Telford	1:21:05 VN 1981

MEN — Sub 1:27:56 Masters (50 Plus)

1.	Carl Ellsworth	1:19:17 WW 1982
2.	Larry Whitehead	1:23:15 Kihei 1983
3.	Scott Hamilton	1:23:47 WW 1982
4.	David Sakugawa	1:26:42 Kihei 1983
5.	Bill Barton	1:27:03 WW 1983

MEN — Sub 1:34:22 Masters (60 Plus)

1.	Gerald Horton	1:23:52 Kihei 1983
2.	Naoto Inada	1:30:33 WW 1983
3.	Fred Schaefer	1:31:19 VN 1981

WOMEN — Sub 1:27:56

1.	Karen Curtis	1:20:12 WW 1982
2.	Tina Heibron	1:21:14 VN 1982
3.	Adrienne Johnson	1:22:24 VN 1983
4.	Connie DelRosario	1:23:46 VN 1982
5.	Sheryl Raftery	1:24:31 WW 1983
6.	Glenda Hood	1:24:45 Kihei 1983
7.	Patricia Monick	1:24:48 WW 1983
8.	Deborah Manning	1:25:13 VN 1983
9.	Candy Weise	1:26:29 VN 1981
10.	Tammy Cartwright	1:27:55 WW 1983

WOMEN — Sub 1:34:22 Masters

1.	Joan Lapierre	1:30:28 VN 1982
2.	Susie Bartels	1:33:16 WW 1983
3.	Pattie Buholm	1:33:38 VN 1983

WOMEN — Sub 1:40:54 Masters (50 Plus)

No Qualifiers

Sub 1:47:20 Masters (60 Plus)

No Qualifiers

Additions/ Corrections

- John Johnson was inadvertently left out of the 15-K rankings in the last issue. Johnson recorded a 49:14 for second place in the 1981 Tamanaha race. This places him 9th on the list.
- Also, Susie Bartels was listed as second on the masters list at 1:03:53. We overlooked a 1:02:51.3 in a later race. This makes her number one in the women's masters category.
- Don Mullinax's 2:32:51.8 in the 1983 Honolulu Marathon will be added to the next marathon list since he now has lived in Hawaii for the required one year.

Setting the standards

Farley Simon
Tops half-marathon list

By Mike Tymn
MPRR Associate Editor

We have been referring to the listings of top times at various distances as "rankings."

They are that, of course. But the original intent was not so much to rank our runners as it was to establish standards by which all runners can measure themselves locally.

Competition takes different forms. While some of us enjoy racing others, there are many who find competition with one's own self more satisfying. Running to achieve certain high standards is something of a compromise between these two forms of competition, and this primarily is what is intended here -- to offer club members another goal to shoot for.

It has been suggested by a few that the standards are too high. Of course, this is all relative and a matter of judgment. Set the standards too low and there is less satisfaction in achieving the goal.

We hope, however, that these listings might be the nucleus of a more formal club incentive program which would provide for three levels of achievement.

For example, the 2:37:15 (sub 6-minute-mile) marathon standard for men would be the highest standard. Call it the "ultra-achiever" or "gold medal" standard. For now, we're calling it the "pacesetter" level.

The "silver medal" standard would be 2:50:21 (sub 6½-minute-mile), which also is the "gold" standard for men 40-49. The "bronze medal" standard for men would be 3:03:28 (sub 7-minute-mile), which also is the "gold medal" standard for women under 40 and men 50 and over.

As pointed out in the article with the half-marathon rankings, all time standards at shorter distances are based upon the original marathon standards. That is, based upon scientific tables of comparative performances, a 52:12 15-K and a 1:15:06 half-marathon are equal in effort to a 2:37:15 marathon.

We hope to develop this achievement standard idea a little more over the next few months and then present the plan to our club officers for possible implementation as a formal program.

If you have any ideas in this regard, please drop us a note.

Cindy Dalrymple still holds half-marathon mark.

State 15-K Records

Running the Norman Tamanaha Memorial 15-K April 8? Here are the state 15-K records to shoot for:

MEN

Overall:	Farley Simon	46:50.7	Tamanaha 83
19 & under	Jonathan Lyau	51:03.8	Tamanaha 83
35-39	Dewey Cartwright	50:15.9	Tamanaha
40-44	Mike Tymn	50:17.4	Tamanaha 79
45-49	Mike Tymn	49:43.5	Tamanaha 82
50-54	Carl Ellsworth	54:59.9	Tamanaha 82
55-59	Scott Hamilton	57:55.1	Tamanaha 83
60-64	Naoto Inada	1:02:46.9	Tamanaha 83
65-69	Fay Steele	1:17:13.5	Tamanaha 83
70-99	Bud Deacon	1:16:26.5	Tamanaha 82

WOMEN

Overall	Cindy Dalrymple*	55:25.9	Tamanaha 82
	Karen Curtis	55:36.6	Tamanaha 83
19 & under	Kathy Barcia	58:45.9	Tamanaha 83
35-39	Adrienne Johnson	57:36.9	Tamanaha 83
40-44	Cindy Dalrymple*	55:25.9	Tamanaha 82
	Susie Bartels	1:03:53.0	Tamanaha 81
45-49	Susie Bartels	1:02:51.3	Tamanaha 82
50-54	Mollie Chang	1:13:27.4	Tamanaha 83
55-59	Jan Newhart	1:15:04.0	Tamanaha 83
60-64	Rosemary Toby	1:21:31.6	Tamanaha 83
65-69	Kikue Kimoto	1:32:22.3	Tamanaha 83
70-99	Adeline Crocker	1:53:06.2	Tamanaha 82

* -- not a resident of Hawaii at the time.

Attend the high school title meets on your island

KIF (Kauai) track championships
April 19, night, Vidinha Stadium, Lihue

OIA track championships
April 27, Kaiser High

State Track Meet
May 2, 3, and 5, Punahou

BIIF (Big Island) track championships
April 28 at Hawaii Prep, Waimea

ILH track championships
April 28, Punahou

MIL (Maui) track championships
April 27, War Memorial, Wailuku

On the road: Racing update from Couples Classic to the Honolulu Symphony fun run

"Here's to the girl that's good and sweet, Here's to the girl that's true; Here's to the girl that rules my heart -- in other words, here's to you!" said a splendidly dressed Dick Hoyer, decked out in white tie and tails.

Then he raised his 7 a.m. glass of champagne, shouted "Bon Voyage!" and with that, the 866 males lined up and ready to go, took off along the country dirt roads and golf cart paths of the Turtle Bay Hilton on Oahu's North Shore to run the Longs Champagne & Chocolates Couples 10K Classic, Vintage 1984.

Twenty minutes later race director Hoyer stepped to the podium again and toasted the ladies as they lined up according to their seeded positions.

"Here's to the Ladies: We admire them for their beauty, respect them for their intelligence, adore them for their virtue, and love them because we can't help it," he said.

The 30-member Brigham Young University-Hawaii Jazz Ensemble struck up "Chariots of Fire" and the ladies started to run.

The race, originated by Hoyer in 1983, was sponsored by Longs Drug Stores in Hawaii and conducted by the Mid-Pacific Road Runners Club. Billed as the most elegant race in Hawaii, race officials were appropriately dressed in either tuxedos or evening gowns while course marshals and aid station volunteers were required to wear white gloves.

Although the race is dedicated to decadence, with the promise of chocolates and champagne offered at the finish, it has become one of the most competitive in Hawaii with many of Hawaii's top runners teamed up to compete for first prize overall -- trips to the South Pacific.

On the line were such notorious couples as Steve Sobaje and Rachel Portner, Michael Murphy and Teresa Katterheinrich, Jimmy Johnston and Patsy Vasquez, Jim Gallup and Adrienne Johnson, Tom van der Hout and Noelle Stenger, Michael Georgi and Connie Del Rosario, Giovanni Bartolini and Shirl Schmitt, Carl Ellsworth and Tina Heilbron, Alan Anzai and Kathy Barcia, Jack Cargal and Mollie Chang, Naoto Inada and Margaret Lee and Jonathan Hake and June Cunningham.

Overall favorites were Olympic Trials qualifiers Sobaje and Portner, and they didn't disappoint the crowd. They won with an overall combined time of 1:09:13.

"Rachel was really strong," said

Michael Georgi churns through the cane haul road between Olowalu and Kaanapali on his way to the Maui Marathon title March 4.

Tunnel vision

It looks like the end of a dream. There are people down there in the mist, waiting, watching. What they're waiting for is their runner, slogging to the end of the Kaena Point leg in the Oahu Perimeter Relay Feb. 5. And for many of those runners, it was the end of a nightmare rather than the end of a dream. The 5-mile-long jeep road is full of holes, some of them also full of water. But there it is, the end of the bad road at the break of dawn.

George Taylor photo

Sobaje, who was fourth male to finish overall. "I was the weak link on the team this time -- I was the slowpoke. There's nothing wrong with being fourth if you win, but I can't say enough about Rachel, she was so strong. She has no idea what her potential is, she's just scratched the surface, she's just incredible."

Michael Georgi finished first with Michael Murphy second and Dennis Hansen third. Sobaje, who was recovering from his 2:18 Oakland Marathon which he ran three weeks before felt fine for the first three miles, "then my legs were dead," he said. "It was just a matter of finishing. I want to take my hat off to Georgi; he and Hansen ran extremely well."

Georgi steamed across the line cutting the tape with his neck, and kept right on running frantically up to the parking lot looking for his car with the tape streaming out behind him.

When asked about his race, he replied "No comment. I gotta go home, I gotta be at a track meet at 9 a.m."

Portner, on the other hand, was eloquent, both about the race and in her praise of Sobaje.

"He's a fine guy and I like him very much. Steve -- he gives me confidence," said Portner, who has been running competitively for only one year but led the women's race from start to finish. "It was good, I felt great. As opposed to last week (when she won the Women's 10K), I decided to go at my own pace and see how I do. I did the first mile in 5:36, but there were no more mile marks. I was looking to see where the fifth mile mark was to see how to push myself. I basically maintained the lead. I think it would have been easier if there'd been someone to chase. (At the end) I had plenty left. It felt great."

Portner was raised on a kibbutz and played on Isreal's national basketball team from age 14 to 16. She is now waiting to hear whether or not she will be representing Israel in the Olympics.

"The race was a lot of fun, I always wanted to run cross country," Portner said.

Finishing behind Portner was Patsy Vasquez, followed by Adrienne Johnson in third place and Cheryl Brady, a new name on Hawaii's running scene, in fourth place.

Named by Runner Magazine as one of the 40 best local division races of the year, the race was designated as a fun run and limited to 1000 couples. It was a sellout in 30 days. So was the newly renovated Turtle Bay Hilton Hotel, with runners filling most of the rooms the night before the race.

"It's very busy and very active. It's really exciting, everyone seems really anxious to get going," said James Marshall, who works the front office night shift at the hotel. "This is the busiest it's ever been."

Unfortunately, the newly-laid rose and gray lobby carpets with muddy footprints leading to the room elevators were mute testimony to the fact that, indeed, the run was held on country dirt roads.

--Carol Hogan

Feb. 19. Second Annual Keauhou-Kona Triathlon, 1.2-mile swim, 56-mile bike, 13.1-mile run.

Triathlons test an athlete's physical and mental abilities. But they also can touch upon the humanness of the participants, who, no matter how invincible they may think they are, often find themselves in embarrassing situations.

One athlete, swimming in the 1.2-mile swim portion of the Keauhou-Kona Triathlon took a right instead of a left in Keauhou Bay and soon found himself near shore and alone.

That's when he realized he had taken the wrong turn, and dashed back into the swim, finishing well back in the pack. A top-five finish sank with his errant turn.

Fortunately, the young man, in his mid-20's, was part of a three-man team and still placed high in the 66-team field.

Honolulu's Mike Anderson didn't have such tough luck. The 25-year-old Anderson battled strong winds and 100 other individuals to win the triathlon in 4:52:21.

"It was a fantastic race," Anderson told West Hawaii Today after the rugged event. "And I wanted it. It's my guaranteed ticket to the Ironman. I cramped up in my leg after the swim, but I spun it right out in the bike."

The treacherous crosswinds, which had bothered Ironman bikers in August, struck again at the Keauhou-Kona Triathlon. But instead of complaining about the winds that blew across Waikoloa toward the sea, Anderson put the event into its proper perspective: "The elements are part of the race. It's something you have to contend with."

Chris Carswell, a 17-year-old Hawaii Preparatory Academy student, was the first person to finish, but he was part of a team. He joined swimmer Scott Colona, another HPA student, and Kona biker Dennis Haserot to take the team title in 4:19:48.

Ken "Cowman" Shirk followed Carswell. Shirk teamed with swimmer Bill Gonzalas and biker Leonard Haberman to finish in 4:40:33.

Pat Bowlen of Honolulu and Canada followed Anderson in individual competition. Bowlen, 40, who is Anderson's coach, finished in 5:10:58. Aiea's Eugene Kitts came in third at 5:13:48. The big Island's Benjamin Fisher, of Kapaau was fourth in 5:21:02 and Honolulu's Mark Lindstrom fifth in 5:23:30.

Honolulu's Ginger McIntire won the woman's division in 5:53:52. She outlasted a strong challenge from Canada's Annabel Lee Hill, who came in at 5:55:05. Kona's Sue Smith was third in 6:02:22.

A Kona entry was third in the team competition. They were swimmer Albert Becklund, biker Dave Bending and runner Gary Daintry, finishing in 4:45:53.

--Bill O'Rear

Feb. 25. Captain Cook Caper, 7.4 miles, Waimea, Kauai.

Steve Locey broke away from Chris Carswell about 500 yards from the finish to become a three-time winner in Kauai's biggest run of the year.

Locey is a former Mill Valley (California) High School miler who has established himself as the Garden Island's top runner. He also won the Kauai Pepsi 10-K last year.

Carswell is Hawaii Prep's top distance runner, but his family lives at Princeville.

Rita Denniston took the women's division in 48:24 despite an ailing knee.

Clyde Davies, 68, was 10th overall

FRANK AND ERNEST By Bob Thaves

in 45:38. And Rob Denniston continues his long comeback, finishing fourth in 42:33.

March 12. Run for Diamonds, 5 miles, Kahala.

It took Jon Cross nearly two miles to work his way to the front of this race, and once he shook Paco Martinez he had it on ice.

It was Cross' first race after dropping out of the Kauai Marathon last October with a sore achilles. His plans were to start with the Diamonds, then follow each week with the Kaneohe RRCA 10-K, the Symphony Run, Tamanaha and Wahiawa Pineapple Run.

But the 25:55.7 winning effort in the run through Kahala for jewels sidelined those plans. Cross was sore for days afterward and decided to run a more conservative racing program. He hasn't competed since.

Bill McGill, a Canadian training here for the Boston Marathon, finished second to Cross, just nosing out Martinez in 26:11. Paco was third and Jimmy Johnston finished fourth.

Rachel Portner destroyed the women's field, winning in 29:10.7. The cecond woman was Julie Massey in 31:57.

March 18. RRCA 10-K Championship, Kaneohe.

The RRCA state championships ought to be the most competitive races of the year.

They are, for the most part, no-nonsense affairs conducted by Mid-Pac. Most of them don't even offer shirts for competitors. And the prizes are simple: usually medals for age group winners and placers.

The overall male and female winners don't get round-trip tickets to a Neighbor Island. They don't even get gift certificates.

What they do get is the title of state champion for a year at that distance and an opportunity to run in the national RRCA championship. For Hawaii's top runners, that should be incentive enough.

Sadly, it is not, apparently. The truth is, money talks. Many "fun runs" throughout the year offer tremendous prizes for winners: diamonds, weekends on a Neighbor Island, Mainland trips, free fares for a year on a local air carrier and, in the Honolulu Symphony Opus runs, full season tickets to symphony performances. The tickets are worth hundreds of dollars.

The RRCA 10-K championship at the Kaneohe Marine Corps Air Station drew the largest field yet for that race - almost 500, the pre-registration limit set by the race director. What it didn't draw was competition at the top.

Tim Merrick, left, race ops director, Rimini Bartolini and Dick Hoyer present the perfect image for the Longs Champagne and Chocolates Couples Classic at the Turtle Bay Hilton.

The two winners were elite competitors, no question. Paco Martinez, 32, finally broke out of the runnerup role he has played for months by hanging on to an early lead and scoring his first win in Hawaii. The Mexico City native posted a 33:08.5 over the measured and certified 6.21 miles, a PR for the neophyte runner (see In The Fast Lane in this issue).

And Lettina Heibron, who has been away from road racing for months, beat the Air Station heat with a fine 37:51.1, a course record.

And though there were some fine age-group performances resulting in course records, the two overall winners were pretty much alone at the top. Mike Tymn, who has struggled for at least half a year with a liver ailment, surged at the turnaround near the Aikahi gate and held off Jonathan Hake to take second in 33:36.0. Hake was just strides back in third in

33:39.2

Three more finished under 34 -- Thom Acton (33:48.4), David Dipman (33:52.6) and Antonio Gonzales (33:55.6).

Heilbron was truly alone in her effort. The second woman across the line was Leslie Allen, an active officer in the Faerber's Flyers, in 41:08.2. That's a good time for Allen, who always seems to have a dozen irons in a dozen fires.

Third was Darlene Davis (41:14.8), fourth was Cindy Miller (41:50.7) and fifth was the iron lady herself, Christa Obara (42:00.3). That's anothr PR for Christa.

Age-group records were pulled in by Darlene Davis (19 and under), Heilbron (25-29), Obara (45-49), Madonna Buder (50-54), Joan Flynn (55-59) and Margaret Lee (60-64).

Carl Ellsworth ran off an age-group record for men 50-54 and Naoto Inada had one for 60-64. See complete list of results in racing inserts.

The race was interesting for a number of reasons. I road in the back of the pace pickup, a marine police pickup I guess, with all the flashing lights you'd ever want on top of the cab and every kind of siren that's made. I sat on the floor behind the tailgate and shot two rolls of film.

A Marine officer sat on a box in the pickup bed and operated a portable field radio with one of those long whip antennaes, giving updates on the race to people back at the start/finish.

The officer kept telling the driver to sit on the siren at intersections, to make sure no vehicles misunderstood what was happening. This went well out on the runway loop, but between miles 2 and 3, one of the many traffic controllers at an intersection near a housing area screamed at the driver to cut the noise.

All this time Paco was striding along from 15 feet to 50 feet behind, depending on how close the driver was paying attention. He seemed startled by every outburst of the wicked siren, and surely sucked in number of exhaust tokes over that 6.2 miles.

I thought our part of this production was going to be unceremoniously terminated when the driver suddenly wheeled into a sharp left turn just past the aid station on the way back to the finish.

My officer companion, the one with the radio and the southern accent, went flying across the wooden box he was sitting on and in a final delicate flourish, summersaulted right over the side of the pickup bed and onto the road.

For a few seconds there, I forgot all about Paco Martinez. I thought my friend, the Marine officer, was a goner. In fact, I thought the pickup had run over him. I peered over the side and there he was, flat on his back on the road, still clutching to the radio.

The driver was ashen, to say the least. He probably saw his career flashing past in milliseconds. But my pickup mate slowly picked himself off the asphalt and crawled back into the pickup. He did not sit well on that wooden box the rest of the way to the finish line.

The radio never worked again, and its operator wasn't hitting on all cylinders, either. He disappeared when we stopped at the finish line and I didn't see him again the rest of the morning.

It would be nice to have more of Hawaii's elite runners entered in this race next year, so if something happens to the pace vehicle, or to those therein, more people can see the show.

Connie Del Rosario uses a stand-in for Michael Georgi in accepting an age-group award at the Couples Classic, left. At right, Patsy Vasquez beats a dirt path into submission as she nears the Couples finish at the Turtle Bay Hilton.

March 18. Carole Kai Fun Run, 5 miles, Kapiolani Park.

The drawing for prizes at the end of this fund-raiser for Variety Schools hooked 1,050 entries, a record. James Malene, and unemployed accountant, took the lead going up Monsarrat Avenue and stayed there, winning in 28:33.3. Frank Pugliese was second, way back, in 29:05.7.

Shirl Schmitt won the women's part in 33:48.5.

March 24. Maui Community College Criminal Justice Fun Run, 6-mile and 3-mile, Kahului.

What's criminal is that the Maui News keeps running race results with first initials only. For the record, J. Richardson won the 6-miler (that's not me) in 35:25, with P. Winkler second and J.C. Benson third. C. Phillips took the 3-miler in 17:15.

March 25. Keauhou 10-K, Kona.

This is one of the biggest Neighbor Island runs of the year, with 207 finishing the 10-kilometer, which was held in conjunction with the Keauhou Half-Marathon (for which I have no results).

Gary Daintree took the title in 34:06, ahead of Hawaii Prep's Alejandro Grundseth (34:11), and Karl Honma (34:22).

Shirl Schmitt of Honolulu was the first woman, and 24th overall, in 39:47.

March 25, Honolulu Symphony Benefit Run, 4 miles through Kahala.

It's called a fun run, but the Symphony 4-miler has become one of Hawaii's most competitive races, at least up front. The first 10 men and

The Mexican connection blitzed the field in the Kaneohe RRCA 10-K championship last month. Paco Martinez, above, holds a good lead over Mike Tymn and Jonathan Hake with about two miles to go. Martinez won in 33:08.5. Below, Lettina Heibron jumps back into racing after a layoff, winning the women's division in a race record 37:51.1. These two runners will reign for a year as Hawaii's champion 10-K road racers.

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women are awarded season tickets to the Fall Starlight concert series, a real incentive to blitz the course around Kahala.

With defending champion and course record-holder Farley Simon standing on the sidelines with 1982 winner Jon Cross, the race shaped up as a battle among Steve Sobaje, Dennis Hansen, and Michael Georgi. And that it was. Sobaje was caught napping about 100 yards down-course from the start as the event began four minutes early.

He quickly reversed directions and joined the leaders. While this might have been cause for disqualification in a non fun-run, race officials turned their heads.

Sobaje, Hansen, Georgi, Todd Krieble, Paco Martinez, and Bill McGill, a Canadian visitor, immediately formed a lead pack and went through the first mile, which is partly downhill, in 4:37.

Pat Monick, Cindy Wills, and Connie DelRosario set the pace for the women as Patsy Vasquez also was caught napping, but in the wrong direction. Vasquez had to weave in and out of runners before finally taking the lead near the three-mile mark.

Sobaje began asserting himself after the leaders passed the two-mile mark and pulled away to record a 19:30 victory. Hansen, running in semi-tuxedo attire, was second in 19:48 while Georgi followed at 19:58.

Vasquez scored a 40-second victory over Monick while clocking 23:28, just five seconds off the course record. Wills followed in 24:21.

Close to 6,000 runners, joggers, trotters, and walkers took part.

March 26. Ride & Stride Biathlon, Barber's Point.

Mid-Pac member Peter Behrans won this year's race which stretches from Campbell Industrial Park to the heights of Makakilo. It took his 1 hour, 38 minutes, 41 seconds to get to the end.

And six seconds later, former Mid-Pac member Don Mueller crossed the line. Mueller is a confirmed bi- and tri-athlete now and can be seen frequenting bike shops in town.

Leslie Allen, 37, won the woman's division in 1:55:46. Meg Dice was second.

The race involves a 10-K run followed by a 20-mile bike.

Mike Anderson makes a switch in Kauai Triathlon.

Triathlons take hold in Hawaii

It has often been said that Hawaii trails the Mainland by a week -- often as much as two years -- in whatever it does, but that doesn't hold true for triathlons, the first new sport to make it big in the United States since running.

Just like running did in the early 70's triathlons have taken off like rocket and, with a year-round season during which (for a change), Hawaii leads the pack.

By the time you read this, three major triathlons will already have taken place: Kauai Loves You, the first ever professional event; the '84 Maui Triathlon, a ½ Ironman distance, and the Keauhou/Kona Triathlon, also a ½ Ironman distance and the first race in the U.S. to be offered as a qualifier for entrance into the Ironman.

This year's running and biking schedules from each Island featuring a number of double and triple sports events to choose from and here's the latest compilation -- always subject to change:

1984 Hawaii triathlons . . .

March 25 -- Ride & Stride Biathlon. Individuals only. 25 mile bike/10K run. Campbell Industrial Park & Makakilo area. Contact American Cancer Society, Larry Mitchell, 531-1341.

March 31 -- Bronzewoman Petite Triathlon. women only; solo/teams, 500 M swim/12.4-mi. bike/13.1-mi run. Wailea, Maui. Contact Steve Epperly, 871-1434.

April 15 -- Flat Island Triathlon. Individuals only, 1K swim/50K bike/10K run. Kailua, HI. Contact Janet Bernard, 536-0061 or Women's World 263-4451.

April 21 -- Bronzewoman Develope Biathlon. Individuals only. 800M swim/12-mi bike. Wailea, Maui. Contact Steve Epperly.

April 29 -- Punk Triathlon. (¼th Ironman). 400M swim/20K bike/5K run. Maui (Location to be announced). Contact Steve Lee, 877-5848.

May 20 -- Valley Isle Triathlon. Team or individual. Ironman Qualifier, (½ Ironman distance). 1.2-mi swim/56-mi. bike/13.1-mi. run. Wailea, Maui. Contact Herb Coyle, Valley Isle Road Runners, 242-5442 or Roger Krom, 575-2403.

June 9 -- Bronzewoman Develope Triathlon. Individual male & female. 800M swim/15-mi bike/4-mi run. Wailea, Maui. Contact Steve Epperly.

June 16 -- Bronzewoman Biathlon. Individual male & Female. 2.4-mi run/800M swim. Wailea, Maui. Contact Steve Epperly.

June 16 -- Vintage Years Triathlon, male & female 50 yrs. of age or older. Limited to 350 participants. ½-mi swim/25-mi bike/5-mi. run. Kailua-Kona. Contact Ruth Glatt 325-9979.

June 24 -- Second annual Kihei Triathlon. Individual male & female. 800M swim/40K bike/10K run. Kihei, Maui. Contact Steve Lee.

July 14 -- Bronzewoman Releve Triathlon. Woman only. ¾-mi swim/20-mi. bike/5-mi run. Wailea, Maui. Contact Steve Epperly.

July 21 -- Second Annual Mauna Kea Challenge. Teams only. Distances not available. Begins at Hapuna Beach, Island of Hawaii. Contact Mauna Kea Challenge, P.O. Box 83, Kailua-Kona, HI 96740

July 22 -- Tinman Triathlon. Individual male & female. 800M-swim/25-mi. bike/10K run. Honolulu, Hawaii. Contact Tinman Unlimited, 1234 Kona Street, Honolulu, HI. 96814.

Aug. 5 -- Lahaina Triathlon. 800M-swim/40K-bike/10K run. Fleming Beach, Lahaina, Maui. Contact Steve Lee.

Aug. 12 -- Windward Triathlon. Individuals only. 1-mi swim/50-mi bike-10-mi run. Oahu, Kaneohe Marine Corps Air Station. Contact Sharon Meindertsma, Oahu Triathlon Association, 160 Alala Road, Kailua, HI 96734

Aug. 18 -- Bronzewoman Team Triathlon. Teams only, male & female. 1.2-mi swim/26-mi. bike/8-mi. run. Wailea, Maui. Contact Steve Epperly.

Aug. 25 -- Bronzewoman Releve Biathlon. Individual, male & female. 1.2-mi swim/26-mi bike. Wailea, Maui. Contact Steve Epperly.

Sept. ? -- Molokai Triathlon. (Date not confirmed, may be in November). Male & female. 1-mi. Swim/40-mi. bike/9-mi run. Molokai. Contact Sheraton Molokai Sales, 2255 Kuhio Ave. Honolulu, HI 96815. Brett Huske 922-4422.

Sept. 3 -- Triathlon Tuneup (⅓rd Ironman Distance)/ Male & female. Kailua-Kona. Contact Jog Shop 329-5330

Sept. 9 -- Bronzewoman Grand Triathlon. Individual, women only. 1.2-mi swim/26-mi bike/8-mi run. Wailea, Maui. Contact Steve Epperly.

Sept. 16 -- Geothallasion Fun Biathlon. Individual male & female. Distances to be determined. Contact Waikiki Aquarium, Patricia Raines 923-9741.

Oct. 6 -- Ironman Triathlon World Championship. Individual male & female only. 2.4-mi swim/112-mi bike/26.2-mi run. Kailua-Kona, Hawaii. Contact Kay Rhead 322-9909 or Ironman office 528-2050.

Oct. 13 -- Bronzewoman Team Triathlon. Teams only male & female. 1.2-mi swim/26-mi. bike/8-mi. run. Wailea, Maui. Contact Steve Epperly.

Nov. 24 -- Garden Isle Triathlon. Individual only. Full distance: 2.4-mi swim/112-mi bike/26.2-mi run or half distance: 1.2-mi swim/56-mi bike/13.1-mi run. Lihue, Kauai. Contact Sam Barber, Wild Sports Competitors. P.O. Box 5368, Kailua-Kona, HI 96740.

Nov. 23,24,25 -- Ultraman. Three day stage triathlon by invitation only. Dates are tentative. 6-mi swim/235-mi bike 52.4-mi run. Starts in Kailua-Kona, circles the Big Island. Contact Curt Tyler 328-2171.

Down the road . . .

April 7 -- Wheeler Rainbow 10-K Fun Run. 7 a.m. at Wheeler Air Force Base, Wahiawa. Easter Seal Society.

April 8 -- 7th Annual 15-K Norman K. Tamanaha Memorial Run. 6 a.m. at Kapiolani Park. This has become THE 15-kilometer race of the year in Hawaii, mainly because it has full certification under the new TAC course measurement regulations. The only other certified 15-K that we know of in Hawaii is the RRCA race at Hickam. $13 late fee to March 31. Checks to Tamanaha Run and mailed to Norman K. Tamanaha Memorial Run, % Edith Leiby, Ilikai Apt. 1308, 1777 Ala Moana, Honolulu, HI 96815.

April 8 -- Women's 5-K, 10-K, Big Island. Runs start at Hilo Hawaiian Hotel. Entry fee. The Bay Clinic, Suite 107, 688 Kinoole St., Hilo, HI 96720. Annie Lindsay, 969-1427.

April 14 -- Atherton YMCA Fun Run. Atherton YMCA, Honolulu. 7:30.

April 14 -- Catch the Vision 6-K Dash. 7 a.m. Sponsored by You Have a Friend Ministries.

April 15 -- 16-Mile Onomea Fallen Arches Fun Run/4.25-mile Alae Cemetery Fun Run. Hilo. 7:30 a.m., Mooheau Bus Terminal, Hilo. Timer: Ann or Bob Kakalia.

April 15 -- Flat Island Triathlon. 1-K swim, 50-K bike, 10-K run. Kailua. Janet Bernard, 536-0061 or Woman's World, 263-4451

April 15 -- Iao Valley 10-K, Wailuku, Maui. 7 a.m., Wailuku to Iao Valley and back. Valley Isle Road Runners, P.O. Box 888, Kihei, HI 96753.

April 15 -- Run for Survival 5-Mile. 7:30 a.m. Sponsored by Ground Zero.

April 15 -- Schofield 57-Mile Relay/State RRCA 50-Mile Championship, Schofield. 5 a.m. for 50-mile runners, 6 a.m. for relay teams. Some people consider this relay as the state championships of road relays. Six-member teams run the 8.18-mile loop around Schofield, starting at Stoneman Field. It's usually the coolest run of the relay season and certainly one of the fastest courses. The 50-mile RRCA championship is a nationally certified race and attracts the hard-core ultra runners throughout the state. The whole thing is a Mid-Pacific Road Runners Club presentation, so the races are certified to be well-run. $10 for 50-mile runners, $50 for teams to April 3. Additional $10 until April 10. Checks to Mid-Pacific Road Runners Club, mailed to Larry Axmaker, Race Director, 86-372 Kawili St., Waianae, HI 96792. Ph. 696-2834.

April 21 -- Wahiawa Pineapple Run. 7-miles. 7 a.m. on California Avenue, Wahiawa. Entries limited to 1,500. Central Oahu Running Club, Honolulu Advertiser sponsors.

April 21 -- Bronzewoman Develope Biathlon. 800-meter swim, 12-mile bike. Wailea, Maui. Contact Steve Epperly.

April 21 -- MAC-A-THON, 5-K, 10-K and Half-Marathon. Honaunau, Big Island. Entry fee. Keoua Canoe Club, P.O. Box 19, Honaunau, HI 96726. Race director: Arlene Wakefield, 328-2200.

April 22 -- 4-Mile Novice Run. Hawaii Kai. 7 a.m. Hawaii Kai Fun Runners.

April 22 -- Boy's Club of Honolulu 5-K, 10-K. 7 a.m. Boy's Club of Honolulu.

April 28 -- Hawaii Loa College Sunset Run, 4-miles. 4:30 p.m., Hawaii Loa College campus across from Pali Golf Course entrance, windward Oahu. Sponsored by Hawaii Loa College.

April 28 -- Kona Jog 10-K, Kona. Entry fee. Kona Jog, 75-5699-D Alii Drive, Kailua-Kona, HI. 96740. Race director: George Schumann, 329-5330 or 329-9458.

April 29 -- Punk Triathlon. 400-meter swim, 20-K bike, 5-K run. Maui (location to be announced). Contact Steve Lee, 877-5848.

April 29 -- Johnny Faerber/Miller Lite All Men's 10-K, Kaneohe. 6:30 a.m. at Aikahi Park Shopping Center. The start of this men-only race has been moved from the Kokokahi Y to Aikahi Park Shopping Center, but the course is mostly the same loop which includes Kaneohe Bay Drive and the wonderful Mokapu Saddle Road. $7 until April 12, $10 after that. Additional $3 for T-shirt. Checks and mail to Faerber's Flyers 10K Footrace, P.O. Box 4266, Honolulu, HI 96813.

1984 Mid-Pac races

**April 8 -- Norman K. Tamanaha Memorial Run 15-K. 6 a.m. at Kapiolani Park.

*April 15 -- Schofield RRCA 50-Mile Championship/57 Mile Relay. 5 a.m. Stoneman Field, Schofield, for 50-mile run, 6 a.m. for relay.

May 6 -- Wheeler-Schofield Trails End 10-K. 7 a.m. at Wheeler Air Force Base.

June 3 -- Lanikai Bikepath 5-Mile run. 7 a.m.

*June 17 -- Hickam RRCA 15-K Championship. 7 a.m. at Officers Club, Hickam Air Force Base.

July 8 -- Kailua Beach Run, 4.8 miles. 7 a.m.

*July 14 -- RRCA One-Hour Run. 6 p.m. at Kaiser High School track.

**Aug. 5 -- Kokekole Pass Relays, 38 miles. 6 a.m. at Stoneman Field, Schofield.

Aug. 12 -- Old Pali Road, 4.2 miles. 7 a.m.

Sept. 9 -- Kilauea Hill 8-Mile run. 7 a.m.

Sept. 30 -- Kawainui Marsh Run, 6.9 miles. 7 a.m.

**Oct. 6 -- Kaneohe Bay Shopping Center 5-Mile Fun Run. 7 a.m. at shopping center.

Oct. 7 -- Tantalus 10-Mile run, counter-clockwise. 7 a.m.

*Oct. 28 -- Schofield RRCA 25-K Championship. 7 a.m. at Stoneman Field, Schofield.

Nov. 11 -- Moanalua/Salt Lake 10-K. 7 a.m.

*Nov. 25 -- Ala Moana RRCA 5-K Championship. 7 a.m.

Dec. 23 -- Diamond Head 5-Mile run. 7 a.m.

* -- $2 for Mid-Pac members, $3 for non-members.

** -- Full entry fees required for all runners.

Off the road: commentary

The case of the disappearing planter boxes on Kalakaua along Kapiolani Park was something more than a passing incident.

It was an interesting show of political force by the running community.

The master plan for the area calls for angle parking along the park to allow more cars to park there. The parking lot near the aquarium is to be eliminated -- grassed over -- and the switch from parallel to angle parking was to have provided for most of the spaces that would be eliminated.

The concrete planter box scheme was to have clearly blocked off the park curbside lane to make angle parking safe, leaving just one lane ewa from Diamond Head Road to Monsaratt on Kalakaua.

It didn't work for thousands of users of the area. Runners, particularly, were pushed off the street altogether by the new parking pattern. And races which start on the street near the tennis courts would have had to find another starting area.

Races, like the Women's 10-K, reserve the whole mauka side of Kalakaua for starts, using the parking lane and both ewa driving lanes. The planter boxes would have squeezed the start into one lane, making starts of races with more than 100 or 200 people unsafe.

Bicyclers, too, use the street and didn't much like the thought of crashing into a concrete flower box if squeezed by a vehicle too far to the side of the only remaining through lane.

The city got, apparently, hundreds of telephone calls complaining about the new parking scheme and particularly about the concrete boxes. Presumably most of the calls came from runners and bikers.

However many calls there were, or from whom there were enough to cause the city to remove the things at a cost of $8,000. That's pigeon feed compared to what it would cost to litigate an injury suit because of the boxes.

And it's particularly interesting to see runners of all abilities unite to get some done -- or undone, in this case.

● ● ●

On the other hand, maybe Waikiki isn't a good place to run after all. A recent Parade Magazine article quoted a study made by Dr. John Nicholson of New York Hospital in Manhattan.

The study measured the carbon monoxide taken in by runners along the city's Franklin D. Roosevelt Drive and in Central Park. People who ran in both places had moderate amounts of

Mid-Pacific Road Runners Club
P. O. Box 2571
Honolulu, Hawaii 96803

(Check one.)
Renewal ( )
New Membership ( )

Please fill out a separate application form for each family member

Please print or type.

First name _____ M.I. ____ Last _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Bus. Phone _____

Date of Birth _____ Age ____ Sex ____

Dues (circle one) Junior (18 years and under), $6; Regular, $8; Family (2 members), $13; Family (3 members), $16; Life, $100.

Member's Affidavit

In consideration of your accepting this membership, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Mid-Pacific Road Runners Club, their representatives, successors, and assigns for any and all injuries suffered by me in said events. I attest and verify that I am physically fit and have sufficiently trained for completion of those races I choose to enter.

Signature: _____ Date: _____

Parent's signature if applicant is under age 18: _____

Profession/Occupation: _____

All members of the club are expected to contribute in time and effort, in serving on one(or more) of the committees established in the Constitution. Please indicate (by preference) at least two committees which you would be willing to serve on:

1) Awards ____
2) Course Measure & Certification ____
3) Publication of Handbook ____
4) Race Administration ____
5) Refreshments ____
6) Social Activities ____
7) Data Processing ____
8) Education ____
9) Publicity ____
10) Other (Please define) _____

PROCESS DATE: _____

RENEW DATE: _____

RESERVED SPACE

Off the road: commentary

carbon monoxide in their lungs and blood.

Carbon Monoxide, the story pointed out, binds to the red blood cells and prevents them from taking up oxygen. That, of course, is not good.

Honolulu is not Manhattan, I would hasten to add. But anybody who regularly runs along Kalanianaole Highway can't help but gobble down some carbon monoxide sandwiches along the way. I would like to recommend a similar study using several frequently used running circuits in town.

Kalanianaole and Hawaii Kai would be one. Kapiolani park another. And Ala Moana/Magic Island still another. Thousands of runners use those areas daily and a University of Hawaii medical School study of some regular runners at those sites would be most interesting.

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Foul air didn't choke up Donald Jones, 29, a physical education teacher in Palm Beach, Fla., recently. But foul running did.

Jones found himself sitting in jail for running north. A 1958 ordinance bans people from running along the city's streets that run north and south, to keep from slowing down traffic. Jones' attorney said the law is "unconstitutional and ridiculous" and they will go to court to fight the charge.

This is what is called "running amok."

• • •

Merle Johnson, 65, of Honolulu ran into the law on Diamond Head and lost his life. Or rather, the law ran into him.

Johnson was running across Diamond Head Road near Poka Street when a policeman chasing a speeder came down a curve and hit him. The police car skidded about 100 feet trying to avoid Johnson, but couldn't.

Johnson died that night at Kaiser Hospital.

• • •

The yearly staging of the Ironman Triathlon in Kona has turned the Big Island's sunny side into a hotbed of running. Sort of.

West Hawaii Today recently ran a story about the "Hearts on Fire Runners." Hearts is a group of women runners, most of them mothers, seen most mornings running along the road near Honaunau.

It's a sort of running therapy group, they told West Hawaii Today. And, they said, it shows anybody can exercise. "If we can do it, anyone can."

Indeed, others do in Kona. There are the Duck Soup Runners, for instance. And Huggo's Hopefuls, three working mothers in their 30s who team up in triathlons. Huggo's Hopefuls are campaigning for better running and biking facilities on the Kona Coast.

Diane McGill, 37, said a lot of roadways have wide shoulders already and it wouldn't take too much to provide running and biking trails around here. We ought to find a way to get it done because Kona could become the capital of Hawaii for sports of this nature.

"As it is, you can't ride your bike in town. You're just asking to get killed."

For the sake of all those Huggo's and Hearts and Ducks, let's hope Mayor Herbert Matayoshi's administration takes a look at the situation.

• • •

The Garden island Road Runners recently elected officers and board members.

The officers are president, Carolyn Lum; vice presidents, Ernie Farrow and Rita Denniston; treasurer, Marge Ferguson; secretary, Sandra Fukuda.

Board members are Shirley Adams, Dave Barnett, Jim Bullock, John Bylander, Dick Coffman, Rita & Rob Denniston, David Espinda, Ernie Farrow, Marge Ferguson, Pete Rreas, Sandra Fukuda, Paul Hassan, Carolyn Lum, Maureen Murphy, Cindy Reponte, Bob Seaton, George and Donna Schulze, Adreanno and Clara Tacub and Tracy Tucker.

Gee. Are there any runners on Kauai NOT on the board?

If you have any business with these folks, send mail to P.O. Box 3146, Lihue, Kauai, Hawaii 96766. The phone number is 245-7255.

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