



MID-PACIFIC ROAD RUNNERS CLUB NEWSLETTER



Vol. I, Number 1

July/August 1995

Free to MPRRC Members!

Name This Newsletter!!!

Everybody needs a name. When co-editor Max Lemons' son was born in May, he and his wife had a name already picked out for him. Here comes the first MPRRC newsletter, but we don't have a name!! We decided to have a contest to let you, the MPRRC members, name the newsletter. Any ideas will be accepted, but it should be something truly unique.

The entries should be sent to the newsletter staff (see address in Editors' Notes) by the end of August. The member who comes up with the winning name will receive a great prize, yet to be determined. So, get out there, and use all that lonely road mileage time to ponder a name. **Don't forget, get your entry in by August 31!**

Words from the President....

I am really glad that **Sandy, Neal, Max** and **Stephen** are going to put out newsletters for us at last. There hasn't been a real one since **Wayne Kirkbride** left about two years ago. I feel the membership is entitled to one. But this does depend on volunteers doing it.

Membership has declined in the past year or so, maybe by as much as a third. I don't know why. I'm sure renewals are going out, and the application has been appearing in every issue of **Hawaii Race**. Is it the economy; aren't we doing enough for runners; any ideas?

Financially we are still healthy and afloat due to the steady, repeated work of the regulars at putting on the "money" events that keep us that way. We do our best to keep all our calendar, i.e. regular, commitments and to maintain our connections to our sponsors and beneficiaries.

We are going to help at a new run this year - **The American Parkinson's Disease Assoc./Gene Fair 5K (Gene is the Runner's World "Golden Shoe" awardee in the July 1995 issue) on Saturday, 28 October at Kapiolani Park.** It's also apparent that MPRRC will handle the **Tamanaha 15K** next year without HMTCC co-sponsorship.

Only 1/2 of the postal reply cards that were sent to each listed member in Hawaii was returned. I don't understand this low response either. There were a few bright responses; the vast majority volunteered for the occasional work and very, very few for any key positions.

I am in my 10th year as President. There are a few others who have similar long periods of service to your club. The sad news is that there is no one out there routinely helping us who are natural "heirs" to any of these jobs. Ask yourselves who would do the weekly work of any of the following if they themselves just moved away, had to quit, or otherwise stopped showing up: **Geoff Howard, Ron Pate, Joan Davis, Nancy Kunishige, Bart Mathias, Bill Beauchamp, Earl Kita.** None of us can regularly do the work of another. When one goes away or on a vacation or business, it really gets harder for the rest. We do need help; especially help that is able to grow skills and responsibility.

So, good running buddies, "keep coming back" to run, to race, to help, to cheer.

Bob Doleman

Editors' Notes:

Welcome! We are glad to be a part of the resurrection of the Mid-Pacific Road Runners Club newsletter, and we hope you are glad to see it reappearing in your mailbox. In our own minds, we all have an idea of what a newsletter should be. As co-editors, we have come up with some ideas, but we need your help. If you have any suggestions, questions or comments, please let us know. This is your newsletter.

We are having a **Name This Newsletter!!!** contest and we hope to see a lot of great suggestions. We would also like to print your feature articles. If you have any magic training tips, healthy recipes, or would like to tell us about a far-away race you have participated in, please send us your prose. Please send your comments or articles to:

MPRRC Newsletter
P.O. Box 2571
Honolulu, HI 96803

FAX: (808) 947-5822
Compuserve: 74372,2720
e-mail: jamison@lava.net

Thanks for your input, and we'll see you at the races...

Max, Neal, Sandra and Stephen

Running
v
Surfing the Internet

by Neal Jamison, co-editor

Many of you may already have discovered the power of today's largest information highway, the Internet. Some of you may be "newbies," and some of you may not even know (or care) what I'm talking about. No matter which category you're in, I promise you, the Internet has something for you. Whatever kind of information you want, regardless of the subject, you can find it somewhere on the Internet. Yes, even information on running and racing. Don't worry. I'm not going to fill the next few pages with technical mumbo-jumbo about baud rates, megabytes, or dots-per-inch. I'm not even going to use any acronyms (well, maybe a couple). What I am going to do is give you a sneak preview at the types of information out there of interest to us runners, and then, assuming I've peaked your interest, I'll tell you where to go to find out more about getting on-line so you can join me in a jog down the information superhighway.

The hottest way to navigate through the information on the Internet is with the **World Wide Web** (WWW or "web" for short). Without going into any techno-detail, just think of the web as a huge network of information, all accessible from your home computer. Using a computer program called a "browser," you can tell your computer to follow this network in search of information. Web "sites" store their information on a "home page," and are normally accessed by their address, or URL (Universal Resource Locator). An example URL is:

<http://www.lava.net/~jamison/mprrc.html>

This URL is actually the address of the **Mid-Pacific Road Runners Club** home page. (URLs may look complicated now, but so did your phone number the first time you ever saw it.) From most home pages, you can follow "hyperlinks," which automatically lead to more information, often located at different sites, anywhere in the world.

Some of the running-related information that I have found on the web include local and worldwide race schedules, race results, event entry forms, running club information, training and injury prevention tips, and the list goes on. The table below lists some of my favorite URLs.

Another good way to find running-related information on the web is to use one of the search engines provided. Your browser may have a "Net Search" feature to help you do this. If it doesn't, go to the following URL:

<http://home.netscape.com/home/internet-search.html>

At this site you can perform key-word searches, leading to other sites, and more sources of information. There is so much out there, with more being added every day.

Okay, those of you who are already net-geeks, get running! The rest of you can refer to the following books, or you can call one of our local Internet providers for more information. For less than \$30 per month, you can access the Internet from your own computer and explore this massive collection of information for yourself. Oh yeah, if you find any other hot running-related sites, give us a call (or an e-mail) and we'll print them in upcoming newsletters so everyone can enjoy them. If I don't see you on the roads or at the races, I'll see you on the net!

December, John & Randall, Neil. (1994). The World Wide Web Unleashed. Indianapolis, IN: Sams Publishing.
Kelly, Kevin, ed. (1994). The Internet Unleashed. Indianapolis, IN: Sams Publishing.

Several Hawaii Internet Providers	Call for more Information
Hawaii OnLine	207-1880
LavaNet	545-LAVA
Pacific Internet eXchange, Inc.	596-7494

URL	Information Available
http://hoohana.aloha.net/~raceplc	Raceplace Hawaii Sports Magazine - Hawaii race schedules, entry forms, feature articles, etc.
http://www.ilhawaii.net/~m_gleaf/jtl.html	JTL Timing Systems - schedules, results, etc.
http://www.triathletemag.com/triathlete	Triathlete Magazine On-line
http://www.research.digital.com/CRL/personal/tuttle/gbtc/whatelse.html	Greater Boston Area Track Club - excellent source of running information. Global running/hashing clubs, race schedules, etc.
http://rocky.humboldt.edu/running/running.html	Running on the Web - another good source for web running
http://polar.pica.army.mil/running.real/running.html	The Running Page - yet another good source of Internet running information

Member Profile: Dr. Ruth Heidrich



A runner since 1968, Ruth Heidrich used to live what many of us would consider to be a healthy lifestyle. She ran daily and participated in weekly races and fun runs. Though she was a moderate smoker and drinker, her diet consisted mostly of "healthy" foods like chicken, fish, and yogurt (she admits that her favorite food was once "Surf & Turf"). Despite this seemingly healthy lifestyle, Ruth Heidrich found herself faced with what all of us might consider our worst nightmare: in 1982 she was diagnosed with cancer. She describes her feelings in her book [A Race for Life](#) (1990):

With eyes brimming over with tears, I was experiencing the worst moment of my life. I wanted to scream, yell, hit out, rage, vent my fury, roll over and die. 'Hey wait a minute,' I thought. 'Roll over and DIE?' I was fighting to LIVE. I was going to fight this death sentence with everything I had... Thus began my *Race for Life!*

While recovering from surgery, Ruth happened to be watching ABC's *Wide World of Sports*. Fate would have it that on this particular Sunday afternoon they happened to be airing their coverage of the Ironman Triathlon. Ironman: an event so grueling that most people think "no way" or "not me." But not Ruth. She saw the Ironman as a step in the right direction, a step toward life over death.

Years later, Ruth is #1 in her age group in many events, including the Ironman. She is the author of two books, the subject of an upcoming movie, an internationally sought-after speaker, and most importantly, a survivor of cancer. Oh, she is also a lifelong member of MPRRC! All of these achievements, coupled with her dedication to helping others prevent and overcome disease through diet and exercise, make her the MPRRC member of the months of July/August.

Date of birth: 2/21/35

Favorite food/drink: Whole grains, vegetables, & fruit

Favorite quote: "The quality and length of our lives depends on what we choose to love."

Personal goal: Get the whole world to read [A Race for Life](#).

Achievement of which you are most proud: World record in age-group for fitness at the Cooper Clinic in Dallas Texas.

How did you get into running: read [Aerobics](#) by Kenneth Cooper in 1968 - have been a daily runner ever since.

Years running: 26

Average miles/week: 40

PRs: 5K - 20:12, Marathon - 3:58, Ironman - 13:30, "Run to the Sun" - 7:49

Favorite race & why: Crater Scouts Fun Run because Scouts get an award if they beat me.

Training philosophy: Sign up for a race and motivation to train will take care of itself.

Favorite workout: Run 2 miles to Ala Moana Park, Swim 1.2 miles, run back.

Favorite running route: Tantalus, Kolekole

Favorite pre-race meal: Oatmeal

Favorite drink during race: Anything

What keeps you running: How I feel, the energy it gives me, keeps body young.

What advice would you give other runners: Plan on running the rest of your life. Read [A Race for Life](#); eat by [The Race for Life Cookbook](#); see the "Race for Life" video. Run different races in different locales, e.g. I've run Boston and N.Y.C. Marathons, Moscow Marathon, Ironman in Japan, New Zealand, Kona, and other races in Nepal, Thailand, Rio de Janeiro, plus the Great Wall of China.

We are interested in profiling our MPRRC members. If you have someone in mind with that special qualification that makes them stand out from the crowd, let us know. Send your nominations to the MPRRC Newsletter address listed in **Editors' Notes** on page 1.

Vegetarian Low Fat Pho

Courtesy of: Ruth Heidrich

- 1 cup chopped cabbage
- 1 cup chopped broccoli
- 1 cup cooked brown rice
- 1 T. Nori flakes or crumbled Nori sheets
- 1 3-second squirt of Vietnamese chili garlic sauce
- 1 heaping teaspoon miso
- 1 bunch parsley
- 1 branch of basil leaves
- 1 tablespoon - 1/4 cup soy sauce (shoyu) to taste

Put all ingredients in a large serving bowl and fill to top with hot water. Microwave on high for 4 minutes.

Submit your favorite recipes. We favor healthy (low fat, high carbo, etc.) recipes, but will probably print anything in good taste -- no pun intended. Send them to the MPRRC Newsletter address listed in **Editors' Notes** on page 1.

FYI...

Frank Curiel has moved to Fayetteville, North Carolina... **Alberto Rivas** came home from Oklahoma City, Oklahoma for his daughter's wedding July 8, 1995... **Max & Rachel Lemons** had a beautiful bouncing baby boy, **Garrett**, on May 31, 1995.

If you have any news you would like to share with the rest of the club, send it to the MPRRC Newsletter address listed in **Editors' Notes** on page 1.

Special Mahalo...

Special thanks go out to **O.J. Midgett** for providing mailing labels, member profile information, and overall support to the Newsletter staff... Thanks also to **Suzanne Jamison** for her expert assistance with the layout and design of this Newsletter. **Thanks O.J. and Suzanne!** We'll be calling you again next month... ☺

Let's Get Social!

We co-editors like to have a **good time**, and we are guessing that you do to. We are looking for volunteers to help organize some **social events**. Maybe a pre-race "cookout," or a post-race "beach bash." Anything to promote **fitness, fun, and getting to know each other!** Send your ideas to the MPRRC Newsletter address listed in **Editors' Notes** on page 1. Better yet, FAX or e-mail us!

UPCOMING MID-PAC EVENTS

Mid-Pac Club Runs are "Show Up & Sign Up" runs. No application form, no pre-registration. These events are **FREE** for Mid-Pac members, and only \$5 for non-members. RRCA runs are \$1 more. **All are welcome!**

CANCELLED!!!!

Sunday **KAWANUI MARSH 6.9 MILE RUN**
July 23 Windward YMCA, 1200 Kailua Road
7:00 a.m. Info: Joan Davis, 955-0902

Sunday **SCHOFIELD-WHEELER TRAILS' END 10K**
July 30 1st warehouse opposite Wheeler's gate
7:00 a.m. Info: Bob Doleman, 833-7803
• *Up into Army woods and back out!*

Sunday **HICKAM 15K**
August 13 Hickam Beach, Hickam Air Force Base
6:00 a.m. Info: Ron Pate, 537-9385
• *Flat and hot!*

Sunday **RRCA STATE 25K CHAMPIONSHIP RUN**
August 27 Stoneman Field, Schofield Barracks
5:30 a.m. Info: Ron Pate, 537-9385
• *Two cool, fast, fun loops of Schofield!*

Sunday **OLD PALI ROAD RUN**
Sept. 3 H-3 and Kam. Hwy. near Hawaii Loa College
7:00 a.m. Info: Joan Davis, 955-0902
• *Woody, mossy, hilly! Also, a special T-shirt will be available on race day!*

For information about specific events, call the "Info" person listed on the race calendar. To volunteer for any Mid-Pac event, call Joan Davis, Recruiting Coordinator, at 955-0902. For general information, call Bob Doleman at 833-7803.

MPRRC STAFF/OFFICERS

Robert Doleman	President
Ronald Patex	Vice-President, Race Operations
Bart Mathias	Vice-President, Administration
Joan Davis	Vice-President, P/R, Volunteer Coordinator
Susan Block	Secretary
Bill Beauchamp	Treasurer
Geoff Howard	Registrar
O.J. Midgett	Membership Chair
Duke Frey	Hawaii State RRCA Representative
Ken Wheeler	Hawaii Masters Track Club Representative
Bob Henninger	Statistician
Stephen Allen, Sandra Burgess, Neal Jamison, Max Lemons.	Newsletter Editors

Kailua Beach Run 4.8K 4/28/95

Due to a misunderstanding about where to put the turn-around cone, the course was close to 4.8K rather than 4.8 miles. This turned out to be a blessing for those runners who also competed in the Memorial Day 5 Miler the next day.

Results:

1. Frank Curiel, 28	15:19
2. Kraig Lysek, 36	15:37
3. Gary Nettles, 33	15:45
4. Chris Crawford, 34	15:55
5. Frank Pugliese, 42	16:25
6. John Simpson, 34	17:10
7. Ralph Versluis, 28	17:40
8. Kana Warren, 16	17:52
9. Bob Flath, 42	18:01
10. Shane Wilcox, 20	18:22
11. Terry Hall, 33	18:48
12. Bryan Teracki, 34	18:57
13. Geoff Howard, 57	19:09
14. <u>Kathy Barcia, 28</u>	19:12
15. Chad Huesers, 19	19:14
16. Mike Banks, 25	19:16
17. Chris Mawata, 37	19:28
18. Don Maconi, 35	19:35
19. Tom Doughty, 34	19:42
20. Tom Peterson, 36	19:43
21. Richard Brown, 22	19:54
22. <u>Kathy Fields, 33</u>	20:04
23. Tim Regier, 50	20:12
24. <u>Pat Goding, 38</u>	20:21
25. Kyle Uyehara, 15	20:22
26. J.B. Nation, 46	20:36
27. Denis Tanigawa, 45	20:57
28. Mike Paulley, 39	21:07
29. Duke Frey, 54	21:08
30. Kevin Phillips, 35	21:40
31. Naoto Inada, 74	21:46
32. George Murray, 71	21:47
33. Alex Zapata, 10	22:21
34. <u>Ethel Guerrero, 40</u>	22:29
35. Neal Robinson, 39	22:37
36. Bob Doleman, 59	23:11
37. <u>Ruth Heidrich, 60</u>	23:13
38. Bart Mathias, 59	23:25
39. <u>Chris Waring, 25</u>	23:32
40. Angel Rodriguez, 30	23:57
41. Kirk Duncan, 43	24:23
42. <u>Nancy Frey, 52</u>	25:01
43. Ron Mahoney, 62	25:52
44. <u>Karen Evans, 39</u>	26:07
45. Paul Sheffield, 42	27:19
46. Craig Oswald, 38	27:22
47. <u>Joy Fu, 39</u>	28:49

48. <u>Susan Bemrose, 36</u>	28:57
49. Martin Sherman, 74	29:24
50. <u>Ruth Munro, 72</u>	31:08
51. <u>Peggy Maass, 36</u>	31:26
52. Rob Hicks, 44	31:27
53. Robert Medina, 64	33:55
54. <u>Roberta Medina, 53</u>	34:44
55. <u>Robyn McMullin, 41</u>	36:04 rw
56. <u>Joan Davis, 54</u>	39:13 rw
57. <u>Beth Blackburn, 36</u>	40:11
58. Stephen Ley, 31	40:11

Mahalo to Race Director J.B. Nation and the following volunteers for putting on this race: Kevin Keith, Nancy Kunishige, Marie Boles, Bob Henninger, Cyndi Uyehara, Ron Klimpel, Andre Tocco, Geoff Howard and Joan Davis.

Lanikai Bike Path 8K 6/25/95

A small, friendly crowd circled the Lanikai bike path twice, enjoying the beautiful scenery but not the heat. It was a hot sunny morning and several runners hit the beach for a refreshing dip in the ocean soon after finishing. Despite the heat and humidity, Ruth Heidrich set a course record for women 60-69. Congratulations Ruth! Mahalo to race director J.B. Nation and all the volunteers for an enjoyable race.

Results:

1. Chris Crawford, 34	27:59
2. Todd Marohnic, 35	30:25
3. John Piper, 33	31:28
4. Andre Tocco, 59	32:01
5. Bob Flath, 42	32:16
6. Joe Laturneau, 39	32:30
7. Glenn Akamine, 43	32:35
8. Fred Kaya, 50	32:38
9. Kana Warren, 16	34:26
10. Dan Woods, 44	34:31
11. Louie Peterson, 34	35:52
12. Stephen Ley, 31	36:08
13. Chris Mawata, 37	36:42
14. Roy Ihara, 47	36:59
15. Bruce Henke, 44	37:19
16. John Wallace, 57	37:51
17. Frank Wallace, 59	38:53
18. <u>Sandra Burgess, 44</u>	39:05
19. Dennis Tanigawa, 45	39:56
20. Naoto Inada, 74	40:47
21. Bart Mathias, 59	41:12
22. <u>Ruth Heidrich, 60</u>	41:31

23. Stephen Allen, 30	42:22
24. Richard Addison, 41	42:44
25. Mark Spencer, 26	43:07
26. Aki Mizushima, 50	44:47
27. <u>Marcy Fleming, 33</u>	46:30
28. Steve Ortanes, 31	46:54
29. Bob Doleman, 59	47:01
30. Limu Furtado, 63	47:13
31. <u>Connie Wilson, 30</u>	49:22
32. <u>Beth Blackburn, 36</u>	50:30
33. <u>Diana Wallace, 31</u>	50:50
34. <u>Marie Boles, 67</u>	51:04
35. Martin Sherman, 74	57:36
36. <u>Ruth Munro, 72</u>	58:55

Volunteers: Bill Beauchamp, Marie Boles, Geoff Howard, Alan Ishki, David Yamauchi, Earl Kita, Ron Klimpel, Bart Mathias, Mary & Lela Lichota.

RRCA 1-Hour Run 7/8/95

A field of 21 men and women turned out for a stroll around the track at Stoneman Field, Schofield Barracks. After one full hour of running, Chris Rizzo had covered the greatest distance, at 10 miles, 403 yards. Kathy Barcia led the women's field with 8 miles, 1389 yards. Special thanks to all lap counters and other volunteers!

Results:

1. Chris Rizzo, 23	10 mi, 403 yds
2. Roger Cooke, 32	10 mi, 245 yds
3. Todd Marohnic, 35	9 mi, 1278 yds
4. Chet Blanton, 36	9 mi, 206 yds
5. Joe Laturneau, 39	9 mi, 93 yds
6. Neal Jamison, 27	8 mi, 1600 yds
7. <u>Kathy Barcia, 28</u>	8 mi, 1389 yds
8. Geoff Howard, 57	8 mi, 858 yds
9. Andre Tocco, 59	8 mi, 513 yds
10. Stephen Ley, 31	8 mi, 365 yds
11. Les Hokyoo, 50	7 mi, 1647 yds
12. Dave Hammar, 35	7 mi, 1594 yds
13. Shaun Kajiwarra, 16	7 mi, 623 yds
14. Jim Burch, 44	7 mi, 399 yds
15. Bill Cunningham, 61	7 mi, 395 yds
16. George Waialeale, 17	6 mi, 1644 yds
17. Alex Bouchet, 21	6 mi, 1644 yds
18. Bob Doleman, 59	6 mi, 1257 yds
19. <u>Brigitte Tocco, 55</u>	6 mi, 1087 yds
20. Bill Beauchamp, 74	4 mi, 533 yds
21. <u>Joan Davis, 53</u>	4 mi, 170 yds

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

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Address Correction Requested

Sandra Puanani Burgess
2299-C Round Top Drive
Honolulu, HI 96822

Cancelled: KAWANUI MARSH 6.9-MILE RUN

Sunday, July 23

Next MPRRC Event: Sunday, July 30 - 7am!

SCHOFIELD-WHEELER TRAILS' END 10K

1st warehouse opposite Wheeler's gate

Info: Bob Doleman, 833-7803



MPRRC NEEDS VOLUNTEERS!!!



CALL JOAN DAVIS TODAY!



**MID-PACIFIC
ROAD RUNNERS CLUB**
SINCE 1962



**MPRRC Members: Show your valid membership card and
receive a 10% discount
at
The Running Room!**