

# MID-PACIFIC



# ROAD RUNNER

NOVEMBER-DECEMBER 1990

## CHRISTMAS PARTY

16 DECEMBER 1990

5:30 PM

KANEWAI PLAYGROUND/REC CENTER  
2695 DOLE ST  
BY THE UH DORMS

**FREE TO MEMBERS**  
**\$8.00 FOR GUESTS**

MAIN MEAL PROVIDED, SO IF YOUR  
LAST NAME BEGINS WITH A to M BRING  
✓ DESERTS; N to Z BRING SALADS.  
AWARDS, PRIZES AND ENTERTAINMENT  
RSVP to FRANK & APRIL/LEAVE MESSAGE:  
HOW MANY AND IF THEY ARE MEMBERS.

**422-8862**



MPRRC  
EXECUTIVE COMMITTEE

BOB DOLEMAN (833-7803)  
PRESIDENT

RON PATE (735-9378)  
VICE PRES. RACE OPERATIONS

FRANK RIPPEL (422-8862)  
VICE PRES. ADMINISTRATION

NANCY EASTLUND (833-3458)  
VICE PRES. PUBLIC AFFAIRS

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APRIL D. RIPPEL (422-8862)  
SECRETARY

FRANK & APRIL RIPPEL  
EDITOR

GEOFFREY HOWARD (734-0797)  
REGISTRATION & RECONCILIATION

✓ JOAN DAVIS (955-0902)  
VOLUNTEER COORDINATOR

✓ **HELP! WE NEED VOLUNTEERS! IF YOU'RE NOT RACING - PLEASE HELP THE PEOPLE WHO ARE. WE NEED COURSE MARSHALS, PACKET PICK-UP HELPERS, T-SHIRT SALES, AID STATION HELPERS, AND MORE! CALL FRANK & APRIL RIPPEL, RON PATE, OR ROBERT DOLEMAN.**

**SUN TOURS AND TRAVEL**

Sun Tours and Travel, Inc is owned and operated by runners and is the official Travel Agent for the Mid-Pacific Road Runners Club. Call Sun Tours for information regarding inter-island and transpac flights, hotel accommodations and car rentals.

Nancy P. Eastlund, President \*\*\*\*\* **833-3458**

CHAMPAGNE AND CHOCOLATE  
COUPLES' CLASSIC - 13 OCT 90

MOANALUA SALT LAKE 10K RUN  
4 NOV 90

OVERALL WINNER:  
PATSY VASQUEZ & ALBERTO RIVAS, 58:00

DIVISION - YOUNG MARRIED  
1. JO & ERIC MITA, 61:49  
2. MARYANN & WHIT RAYMOND, 62:15  
3. NANCY & LON EASTLUND, 65:28

DIVISION - MATURE MARRIED  
1. JAYE & FRED LEONARD, 68:26  
2. YMARY & ROD HUDDLESTON, 73:31  
3. MILILANI & ROYCE, JONES, 75:11

DIVISION - 30 to 49  
1. SARAH WURST & SCOTT PETERSON, 78:50  
2. BARBARA ROBINSON & TRACY ROSS, 93:56  
3. SHLOMI MATSUDA & KENNETH SABATH, 134:02

DIVISION - 50 to 69  
1. KITTY & DAVIS SOKOLL, 60:41  
2. DEB ARDOLF & TIMOTHY CORRIGAN, 66:53  
3. DEBORAH TRADER & JOSEPH MILLER, 69:29

DIVISION - 70 to 89  
1. PATSY VASQUEZ & ALBERTO RIVAS, 58:00  
2. MARYANN HIGA & SAMUEL TATEYAMA, 69:05  
3. WENDY ROTHWELL & RADAR FIXOTT, 72:26

DIVISION - 90 to 109  
1. CAROLE WILBUR & PETE SCHLEGEL, 76:53  
2. ERIKA FRILK & WES SPONTAK, 82:13  
3. DEBI OZAWA & GERALD BROTHERTON, 87:16

DIVISION - 110 to 129  
1. MARY GETCHELL & RON BLAMEY, 92:02  
2. JUDITH HENRY & BILL BEAUCHAMP, 108:58

DIVISION - 130 +  
1. MARIE BOLES & MARTIN SHERMAN

ELITE:

MEN  
1. RON PATE, 35:48  
2. LON EASTLUND, 38:05  
3. SCOTT KAMIYA, 38:18

DIVISION - 15 to 19  
1. TOAN HUYNH, 38:37  
2. JEFFERY PHILLIPS, 43:07

DIVISION - 20 to 29  
1. SEAN KELLY, 40:16  
2. TRAVIS WILLIAMS, 42:40  
3. MICHAEL FORD, 43:26

DIVISION - 30 to 39  
1. DALLAS WEIS, 42:33  
2. LESLIE RAMOS, 45:01  
3. FRANK RIPPEL, 45:38

DIVISION - 40 to 49  
1. DEREK GOUDGE, 38:22  
2. STEPHEN KINGSLEY, 38:58  
3. ROY IHARA, 42:59

DIVISION - 50 to 59  
1. DAVE DEVENOT, 42:43  
2. BART MATHIAS, 43:09

DIVISION - 60 to 69  
1. NAOTO INADA, 45:46  
2. LYLE NELSON, 58:45

NOTE: THANK YOU MCKINLEY TRACK TEAM FOR YOUR GREAT  
SUPPORT AT THE WATER STOPS AND COURSE MARSHALS

WOMEN  
NANCY EASTLUND, 44:35\*  
APRIL RIPPEL, 50:49  
RACHEL SMITH, 55:06  
\*NEW COURSE RECORD IN  
WOMEN AGE DIV 30-39

CELESTE MILLS, 1:06:28

LUCY McCURDY, 56:33  
FRANCES INGANO, 58:37



RRCA 5K HAWAII CHAMPIONSHIP - 18 NOV 90

1. FLEMING, DAVID, 15:54  
2. SKARR, GEOFF, 16:07  
3. SCHROEDER, JON, 16:24  
4. JACOBS, TREVOR, 16:27  
5. GOODING, JEREMY, 16:49  
6. MCMAHON, WILLIAM, 16:55  
7. PUGLIESE, FRANK, 17:03  
8. MACDOWELL, KEN, 17:14  
9. PATE, RON, 17:19  
10. KOSA, LASZLO, 17:27  
11. GRANT, ROB, 17:32  
12. YOSHIDA, HARRY, 17:52  
13. KAMIYA, SCOTT, 18:27  
14. HO, ERNEST, 18:33  
15. JONES, ROYCE, 18:37  
16. BROSKI, MIKE, 18:47  
17. LACANARIA, BLAINE, 19:29  
18. COKER, LOI, 19:30  
19. MUSSMAN, ALAN, 19:39  
20. ALLEN, RUSSELL, 19:40  
21. WIIG, HOWARD, 19:43  
22. RIDGWAY, DIANE, 19:46  
23. YU, ALEX, 19:51  
24. CALPITO, ALFIE, 19:52  
25. EMMERY, TERRY, 20:00  
26. LOH, RHONDA, 20:01  
27. UJIMORI, LAWRENCE, 20:10  
28. IHARA, ROY, 20:17  
29. DEVENOT, DAVID, 20:19  
30. TULANEY, LILLA, 20:21  
31. MACHIN, ANTHONY, 20:21  
32. CHUNG-H, LUCILL, 20:50  
33. SCHUDDER, JACQUELINE, 20:59  
34. WHITNEY, KEN, 21:01

35. INADA, NAOTO, 21:08  
36. KARBENS, JACK, 21:22  
37. RIPPEL, FRANK, 21:31  
38. TESHIMA, TESH, 21:44  
39. STRAUCH, MICHAEL, 21:47  
40. VAN CAMP, JANIS, 21:57  
41. HAMILTON, SCOTT, 21:57  
42. JACKSON, KEAKA, 22:00  
43. EASTLUND, NANCY, 22:07  
44. ANGELA, NASH, 22:24  
45. SCHLEGEL, PETE, 22:30  
46. HEIDRICH, RUTH, 22:38  
47. LAW, JOSHUA, 22:42  
48. CHAN, CONNIE, 22:43  
49. BRODA, CAROL, 22:50  
50. MCGREGOR, SHIRLEY, 22:59  
51. ADLER, KIM, 23:07  
52. NAKANISHI, GUY, 23:18  
53. HOMAN, JAMES, 23:24  
54. FUKUMOTO, ANDREA, 23:25  
55. HENNINGER, ROBERT, 23:26  
56. ADAMS, DAVID, 23:33  
57. KLUCEWICZ-PRATT, DONNA, 23:33  
58. BLACKBURN, BETH, 23:56  
59. BRESTLE, JOSELINE, 24:02  
60. SNOW, LARRY, 24:03  
61. MINOR, LEE, 24:11  
62. DELA PENTIA, LERMA JEAN, 24:16  
63. CORREIA, MARK, 24:16  
64. TATE, JAMES, 24:29  
65. RIPPEL, APRIL, 24:41  
66. POPA, THOMAS, 24:49  
67. ADLER, STEPHEN, 25:50  
68. HACKNEY, DOUGLAS, 25:51

69. CASSIDY, VERA, 25:57  
70. UNABIA, PATRICK, 26:05  
71. SOHN, JULIA, 26:14  
72. JACKSON, JODI, 26:24  
73. ROWLES, WENDY, 26:56  
74. ABRAMS, CELIA, 27:16  
75. HOUGHTON, KRISTY, 28:04  
76. SHIMIZU, SKEETS, 28:09  
77. KAWAHARA, MARY, 28:16  
78. BOLES, MARIE, 28:46  
79. STAFFORD-KOSA, ANITA, 28:51  
80. OBRERO, JERRIE ANN, 29:09  
81. TATE, ED, 29:11  
82. OBRERO, FREDDIE, 29:14  
83. MUNRO, RUTH, 30:15  
84. EMMERY, MAUREEN, 30:58  
85. DALY, JOHN, 31:00  
86. YOSHIDA, LINDA ANN, 31:01  
87. BEAUCHAMP, BILL, 32:44  
88. DAVIS, JOAN, 37:21  
89. LARGO, ALFONSO, 38:04  
90. LARAGIONE, JENNIFER, 44:40

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Sarah H. Christopher

Karl D. Fann

## UPCOMING EVENTS

MID-PAC TENT AT THE  
HONOLULU MARATHON  
9 DECEMBER 1990

Again this year, Mid-Pacific Road Runners Club will have a tent in Kapilolani Park. The location will not be known until day before the race. We will have the Mid-Pacific Road Runners Club Logo at the tent. Look for us, we will be selling T-shirts.

BOSETTI 10K  
6 JANUARY 1991

Assemble on mauka side of Kalaniana'ole Highway across from Sandy Beach Park dressing rooms (behind KoKo Head Crater). Course starts on Kalaniana'ole Highway at sewage treatment plant and golf course fence, left on Kealahou Street (by golf course), left on Hawaii Kai Drive, over long Kalama Hill, right on Lunaliilo Home Road at stop light at bottom of hill, up Lunaliilo for .85 mile to turn around at intersection with Kolokolo St. next to park on right and return to start on same course.

There are two long gradual ascents, one short steep descent going out with two long gradual descents and one short steep ascent on return. Only about .75 mile is flat.

PEARL HARBOR BIKE PATH 10K  
20 JANUARY 1991

The course was accurately set at 10K for the first time in 1978.

Assemble at Lehua Elementary School on Lehua Street, Pearl City (turn makai at the Pearl City Tavern). Course starts about 400 yards makai of the school on Lehua Ave. Run past the school and turn onto the bike path, follow the bike path for approximately 3 miles to the CINCPAC Yacht Club. Go around the circle in front of the club and return on the bike path to Lehua School, turning in the school driveway to the finish. Course is almost totally flat.

MAGIC ISLAND RUN-SWIM BIATHLON  
26 JANUARY 1991

Co-sponsored by MPRRC and the Waikiki Swim Club. Assemble at Magic Island, Ala Moana Park, run then swim. Watch for race applications in your local running store.

WHAT'S THE LATEST?

FOR INFORMATION ON/RENEWING  
YOUR TAC CERTIFICATION NUMBER  
CONTACT: SILVIA MARTZ  
(734-7200).

### RECIPE

Looking for a way to cut down on salt in your diet? Here is an excellent salt substitute from the American Heart Association:

#### HERB SEASONING

1 tablespoon garlic powder  
1/2 teaspoon cayenne pepper  
1 teaspoon ground basil  
1 teaspoon ground marjoram  
1 teaspoon ground thyme  
1 teaspoon ground parsley

1 teaspoon ground savory  
1 teaspoon ground mace  
1 teaspoon onion powder  
1 teaspoon ground pepper  
1 teaspoon ground sage

Combine seasonings; pour into a salt shaker. Use in place of salt.  
\*Reproduced with permission by the American Heart Association.



FROM THE PRESIDENT, Robert Doleman:

Ho, Ho, Ho! We have reason to celebrate MPRRC's accomplishments this holiday season. So do it! Come on down to this different location that Joyce Spoehr has gotten us! Also note it is AFTER the marathon - no diet or training excuses - BE THERE!

We have done well enough to get nearly a full desk-top publishing computer to do newsletters, flyers, applications, rosters, etc. AND, we have a couple able and willing to do that work, Frank & April Rippel. They take over from Hank & Ellen Cavender who have done so much for so many for so long!

And, we have some money in the bank; and we have done NEW things, like Ultras, Zoo 5K, Marathon Week Kick-Off 8K! Happy Holidays.



MID-PACIFIC ROAD RUNNERS CLUB  
P.O. BOX 2571  
HONOLULU, HAWAII 96803

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