



Club Elections, April 8 To be (or not to be) Elected:

The 79-80 Club year was a great success due to the efforts of this year's officers and the increasingly growing number of members who are volunteering their ideas and labor to make MPRRC as one of the nation's top running clubs.

To keep the momentum rolling the following have agreed to run for office in '80-81. Elections will be held at the Waikiki Kapahulu Library at 7:30 P.M. April 8, 1980. Remember, additional nominations can be made from the floor.

Nominated for President

Stu Miles



It is certainly no secret that running, as a sport, as a business, as a means of expressing individualism and simply as a form of physical enjoyment, has and is growing at an astounding rate. While these facts tend to make those of us who are actively, and for whatever reason, seriously engaged in running smile, it also explains and portends current and yet to be realized problems which we, the Mid Pacific Roadrunners Club, as a dominant factor on the Oahu scene, must recognize, dissect and effectively deal with.

As we grow in numbers, we also depart further and further from the ideals envisioned by the "purist" runner. We have large numbers of members whose goal is not necessarily a four-minute mile,

or a three-hour marathon, but simply a desire for fun and companionship at whatever pace. We must, in my estimation, accommodate both extremes to the extent that the vast majority of our membership is able to realize their individual objectives. We also, like it or not, have some measure of responsibility to the community that surrounds us. If for no other reason than an inherent obligation to safety and courtesy--and maybe we have a touch of social obligation as well. In any event, if we are to meet our goals and obligations, we must have an organization that is capable of dealing with the problems, before they arrive, effectively and efficiently--which brings me to the punch line; and that is this, I, if chosen as your president, intend to encourage just such an organization, through a strong executive council. The effect being a leadership body, focused squarely on promotion of the interests of the club membership. That doesn't mean that everyone will always be pleased with the council decision, but it does mean that the goals and aspirations of the majority of our members will be realized--and on a continuing, predictable basis.

Nominated for 1st V.P. (Membership / Organization and Awards)

Rimini Bartolini



I joined the Mid-Pacific roadrunners club in 1977 and have always been interested in the

club's organization and activities. Since joining I have rarely missed a meeting and have run in the club races regularly. Attending the club sponsored running camp in November of 1979 really heightened my desire to become more actively involved in the club which is the reason I am running for 1st Vice President. I feel I can do a good job, because I want to and I am familiar with the way the club does business, having been a participating member for the last 3 years. Vote for me and I shall get the job done.

Jeff Jacobs

Age 29, employed by Amfac Marine Supply (Warehouse Manager).

Have lived in Hawaii for 10 years. Been running and racing in Mid-Pac events for 3 years.

View Mid-Pacific Roadrunners as providing necessary leadership as well as education in and for the running community of Hawaii. The key to the continued success of Mid-Pac and the events which are sponsored or co-sponsored by MPRRC will be the level at which our members are able to take part and offer their time and skills toward a common goal.

Dan Thompkins



After 20 years of traveling around the world, I retired from the Army last September, and opened Runners Windward in

Kailua. I started running in 1968 while stationed on Okinawa and have participated in or organized running groups wherever I was stationed.

I am happy with the club the way it is. I suppose that is why I am willing to serve as a club officer; to put something into the club since I get so much out of it. I like the testing of new ideas such as the running camp, education meetings, and XC trail runs to provide our members with a variety of running related activities. I do not see major or abrupt changes in direction, but a continued testing of the new ideas, and involvement of more members in club activities.

Nominated for 2nd V.P. (Race Administration and Social)

Scott Bulfinch



As a relative new-comer to Oahu, it may seem unusual that I should be seeking a Mid-Pac office. However, since my first marathon, 15 years ago, I have had the experience of road and track running at virtually all levels, and literally coast to coast and across the oceans. Over those years, I have been fortunate enough to have had associations with three fine running clubs: Marin A.C. and Culver City A.C. in California, and Westerly Track Club in Rhode Island, and have run alone in Reyjavik Iceland, with the hordes through Van Cortland Park with the U.S. Naval Academy, and up the Kalayan, Philippines hill climb with the USS Davidson Fun Runners. Finally, in 1980, I have achieved some stability, and am able to offer to give back to long distance running a little of what I have received over the last 15 years. As a Forecaster with the Naval Western Oceanography Center, I not only have the time

to devote to club office, but will provide cool, cloudy days for marathons upon request. Together with my wife Sue, who has organized races with the Navy, I am in a position to devote a measure of time and energy to what is unquestionably the finest local running program that I have seen

Dick Hoyer



Dick Hoyer, 32, has been nominated for Vice President of Race Administration. During the past year he has directed, or been involved in the administration of several races, among them the Honsport 30/30, the Diamond Head Run, the Perimeter Relays, the Women's 10k, and the Norman K. Tamanaha 15k as Operations Director. Dick has long felt that Mid-Pac was a racing club dedicated to running education, and as Chairman of the Education Committee, saw the establishment of the Running Camp and the Education Series, of which the First Runners Fair and the Second Education Meeting were a part. Among other education projects on the horizon is the Race Directors Seminar, set up to train new race administrators and assistants so that members can more fully participate in the activities of the growing club. Dick's personal running records include a 1979 Honolulu Marathon 2:50:34 and a 34:20 10k.

Nominated for 3rd V.P. (Publicity)

Nancy Courter



Nancy Courter began running in 1973 as a member of the San Diego Track Club. She has competed in competitive running events in California, New England and Hawaii. She is a winner of the Rhode Island Division of Ocean State Marathon in 1976 and 1977. Nancy has a Master of Arts in Education. She is married with three children and is presently working as a real estate agent in Pearlridge.

"My family has participated in Mid-Pac Club events for the past two years. I advocate the club philosophy and particularly support age group competition. As third Vice President I believe I can make a significant contribution to club activities."

Kathy Wong



As Third Vice President of Mid-Pacific Road Runners Club, I would like to see an increase in the number of social activities. This would promote members becoming better acquainted with one another and allow all to enjoy the comraderie of their fellow runners and families.

I am currently a Captain in the Army, serving with the 25th Infantry Division at Schofield Barracks, as Assistant Public Affairs Officer.

I have been a resident of Hawaii for 13 years, with five of those years spent on the neighbor islands, including my college years in Hilo. Prior to my 1975 graduation from UH (Hilo) in English, I worked in a variety of occupations, to include: airline flight attendant; lifeguard; governess and bartender.

I began running slightly less than two years ago and have been a member of MPRRC the entire time.

		53:05	under 20	Hang Tuff
237	Cherly Lynn Wong	53:18	60+	
238	Alex Roth	54:52		
239	Bob Declereck	55:24	60+	
240	Wally Laury	55:39	40-49	
241	Hinano Akaka	57:35	60+	
242	William Walsh	58:15	30-39	
243	Jennifer Lee			
244	Lorraine String-fellow	60:49	40-49	
245	Joanne Price	62:20	40-49	
246	Sonny Wright	65:59	30-39	
247	George Fox	76:22	60+	

Circle These Dates

- April 6 N.T. Tomanaha 15Km
7 AM MPRRC
- 13 Honolulu Symphony
Benefit Fun Run
4M 8 AM
- 26 Wahiawa Pineapple
Run 7M
- May 11 Wheeler-Schofield
Trail's End 19Km
MPRRC
- 24-25 Primo Relays and
Ultra Marathons
- June 7 Kam Day 4.2M
8 Lanikai Bike path 5M
MPPRC



Help Wanted

Putting out Hang Tuff requires more time than I can put in by myself. And yet, I know there is so much more that can be put in the newsletter that's interesting to MPRRC members. If you are interested in writing articles for Hang Tuff, call me at 521-1834, or more importantly if you can volunteer two hours a month to help type up articles give me a call, too.

Don Mueller
Editor, Hang Tuff

THE RAINS CAME for the Biathlon, but they wanted to get wet anyhow. It could have poured February 16-17, making Kaena Point more of a challenge. As you know, the RADFORD teams were not entered in time, but a mixed team ran unofficially anyhow. Rule of thumb is in the 140 you must overtake a team by Pearl Harbor to keep them caught, but, but TANTALUS MARATHONERS RED and CAMP SMITH MARINES were battling still at Aloha Tower. The AWARDS CEREMONY at McCoy Pavilion 26 February was packed to capacity, since every team participant who finished received an award, however tiny. If the 140 was like lemmings on land, the Biathlon was like lemmings running into the sea, with a cloudburst to cool the runner's ardor for the icy plunge. One of the best answers yet was GLENN MASON, who quipped, "I need deltoids". The annual Stride n' Slosh between the MPRRC and Waikiki Swim Club was livened by Portugese Persons of War that stung her and was helped by him.

Some of the runners emerging from the water may have wished they were more closely related to the Coelacanth of the Devonian era, with stumpy paired fins, the precursors of the limbs of four-footed animals. There were cursors all right. The lead swimmers looked decked out for the English Channel. The somewhat hairy runners had not shaved their bodies for the occasion and a few were spotted walking in the water, as it was faster for them than swimming. Let us remember that a typical fish is torpedo-shaped, with a head containing a brain and sensory organs, a trunk with a muscular wall surrounding a cavity containing the internal organs, and a muscular post-anal tail. Does this describe DENNIS

HANSEN, GLENN MASON, STEIN RAFTO, DON MUELLER, GIOVANNI BARTOLINI, PAUL EVELOFF, or the other Swim-Runners (or more appropriately, Run-Swimmers)? RON MARKARIAN was lectured by an out-looker for staging the event during Kona Winds. DICK SUTTON as timer jumped into his car at Magic Island hoping to beat the lead swimmer to the finish line. LINDA and CASEY IBARAKI say the Biathlon T-Shirts sold out fast. (Maybe because competitors needed dry clothing?)

JIM PRESS writes from the Philippine Islands that running is fine in the dry season and compared to a year ago, many Filipinos are jogging in the aftermath of DR. WAGNER's P.I.-style marathon clinic. GIOVANNI BARTOLINI has a date April 13 at the Sr. Olympic Marathon, Irvine, CA. Running friends said ALOHA to LOU DISANTO founder of the IRISH STEW RELAY, as he enplaned for San Francisco. Replacing STEIN RAFTO for the Honolulu Marathon 1st Kamaaina Award trip to the Fletcher, N.Z. Marathon will be BOB MUMPER. STEVE PAIK seen among Olympic Torch Bearers at dramatic Lake Placid finale. SCOTT BULFINCH will direct Schofield 57-Miler and 50-mile race, now that permission is granted by Army.

Scott Hamilton
923-3308



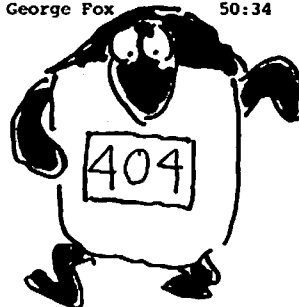
March 2
Mid Pac XC

Former XC All- American Wins

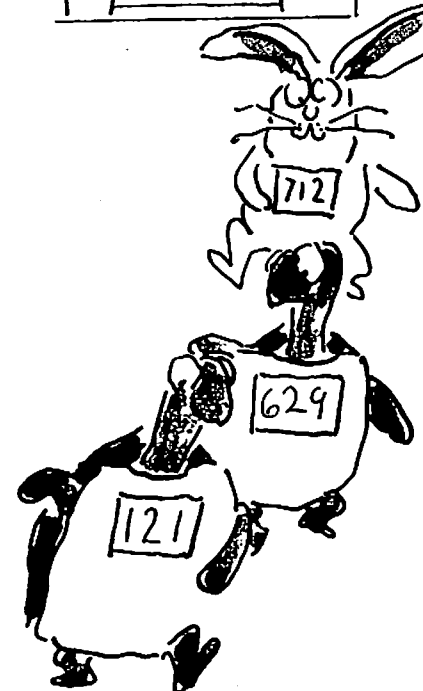
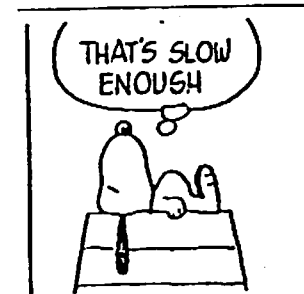
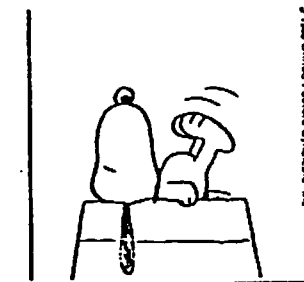
FIRST and LAST in the UPS and DOWNS of Mid-Pac Institute XC Course were BROOK THOMAS of University Hawaii English Department, and GEORGE FOX (no relation to Club Secretary), going strong at age 78, going on 79, who received a special medal, in 102nd place. Race Director JOHNNY FAERBER modified the course and no one complained of being lost on the course for a change. Of course, the metal hurdle was there but stomped in by some irate runner earlier. Runners still had a choice of the steep steps (crowded) or scrambling up the slope (uncrowded). More than one star runner pulled out of the race before it was over. BROOK THOMAS was so excited reading in French his latest article in Spiridon Magazine that he had to be nudged when his name was called. Family runners were out in force; such as Motley MILERS and Courter CREW (Oops, reverse that). Those Barcias passed around some donuts to some hungry runners.

26	Scott Hamilton	22:55:3	50+
27	Bob Gardner	23:00	O
28	Rick Kahle	23:13	40+
29	Noble Beck	23:36	O
30	Steve Dilley	23:56:4	J
31	Chris Courter	23:57:0	HS
32	Jeff Rowley	24:01:7	O
33	Tom Powers	24:12:4	O
34	Frank Bushakra	24:21:0	O
35	Palmer Lawson	24:23:3	O
36	Bill Cunningham	24:27:8	40+
37	Candy Weise	24:31:3	OW
38	Ray Parker	24:32:1	O
39	Bill Yuen	24:34:9	O
40	John Barcia	24:37:4	HS
41	Kathy Barcia	24:37:1	JHSW
42	Bo Bogema	24:46:0	O
43	Vernon Ramos	24:55:8	O
44	Carl Kawauchi	25:04:8	O
45	John Kreag	25:10:0	O
46	Dan Barcia	25:61:7	E
47	Robert Mumby	25:42:9	O
48	James Grogan	25:51:0	HS
49	Tom Smith	25:56:9	HS
50	Karen Courter	26:00:4	EW
51	Richard Wagner	26:02:8	O
52	Joe Barcia	26:08:0	E
53	Nancy Courter	26:11:3	OW
54	Rip Courter	26:11:8	O
55	John Cogan	26:19:9	O
56	Leonard Jaber	26:21:1	O
57	Mimi Beams	26:24:5	OW
58	Barry Oneto	26:31:1	40+
59	Kenneth Framc	26:35:2	O
60	Renee Yuen	26:35:5	OW
61	Dave Rarangol	26:40:6	50+
62	Lee Halverson	26:42:6	O
63	Steve Dixon	26:43:7	O
64	Geoff Taylor	26:54:9	O
65	Alex Roth	27:01:8	60+
66	Jim Moberly	27:10:4	40+
67	James Campbell	27:13:4	HS
68	Lloyd Souza	27:21:7	J
69	Judy Brown	27:47:5	OW
70	Pete Barcia	28:01:3	40+
71	Billy Cunningham	28:41:4	JHS
72	David Barnes	29:14:0	40+
73	Joe Mastrantonio	29:14:6	J
74	Rosanne Cunningham	29:14:6	EW
75	June Cunningham	29:16:0	EW
76	Ron Markarian	29:22:1	40+
77	Robbie Barnes	29:26:4	JHS
78	Glen Cunningham	29:38:0	JHS
79	Amy Barcia	29:47:5	JHS
80	Andy McMarlin	30:26:5	E
81	Joe Leonardo	30:52:9	J
82	Bill Southood	31:09:9	40+
83	Laura McMarlin	31:13:8	HSW
84	Jamie McMarlin	31:48:8	E
85	Dale Roe	31:57:0	J
86	Doug Kalal	32:07:1	E
87	Ben Prohm	32:50:6	E
88	Janie Rodriguez	33:04:5	O
89	Pat Davis	33:06:8	40+W
90	Natalie Mahoney	33:08:3	40+W
91	Hank Prohm	33:08:9	J
92	Jenny Schang	33:09:2	EW
93	Reynold Lee	34:04:2	J
94	Deborah Sinke	34:13:3	OW
95	Ella Schang	34:23:0	JHSW
96	Vincent Schang	38:03:7	E
97	May Schang	38:07:2	HSW
98	Julie Barcia	38:11:6	EW
99	Hans Schang, Jr.	38:12:0	E
100	Hans Schang, Sr.	42:53	40+
101	George Fox	50:34	60+

1	Brook Thomas	18:49	O
2	John Johnson	19:32	O
3	Stein Rafto	19:38	O
4	Jim Barahal	19:55	O
5	Don Mueller	20:04	O
6	James Johnson	20:12	O
7	Paul Eveloff	20:30	O
8	David Lieunten	21:00	O
9	Frank Mento	21:08	O
10	Peter Napoleon	21:11:3	O
11	Scott Bulfinch	21:11:7	O
12	Johnny Faerbek	21:19	40+
13	Mike LaPierre	21:41	40+
14	Frank Pugliese	21:42	O
15	Mark Perry	21:49	O
16	Dick Asato	22:01	O
17	Ken Forbes	22:04	O
18	Shawn O'Brien	22:04:3	O
19	Rick Pulume	22:05	O
20	Craig Bartlett	22:05:6	O
21	Les Saito	22:07	O
22	Gordy Sims	22:09	O
23	Garnenez Junie	22:13	O
24	Mark Uyehara	22:48	O
25	Larry Buckner	22:53	O



DONUTS By CHARLES SCHULZ



MPRRC – KAHI HOLO

Second Running Camp
Camp Kailani, Kailua
Fri. Eve. – Sun. April 18,19,20

Due to the success of MPRRC's first running camp at Paumalu, a second camp is planned for the third weekend in April at Camp Kailani on the beach in Kailua. The planned cost for this weekend running experience including lodging and all meals is \$30. The camp facilities include cabins, dining hall,

fireplace, a large recreation area, ample restrooms and showers, and even a piano. A very active and educational weekend is planned that will include; outstanding guest speakers, an excellent coaching staff, an optional blood chemistry work-up and evaluation, special events and of course— enough running for all.

Only 45 MPRRC members plus the staff, coaches, and guest speakers will be able to attend, so reserve your place now by mailing in your camp fee and completed form below. For additional details call Chuck Wall (261-8339 home/work 471-9069) or Sharon Colon (home 261-3447/work 262-6961).

Mail completed form and Camp Fee of \$30 to:

MPRRC KAHI HOLO
650 N. Kainalu Dr.
Kailua, Hi. 96734

Name _____ Age _____ Sex _____

Address _____

Home Phone _____ Business Phone _____

Do you wish to have a blood chemistry done? _____

Mid-Pacific Road Runners Club
1170 Waimanu St.
Honolulu, Hawaii 96814

S. Harp
933 Moreell Dr
Honolulu, HI 96818

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