



president's corner

May 1980

WHAT'S IN IT FOR ME?

Not too long ago one of Hawaii's top runners was asked why he wasn't a member of Mid-Pacific Road Runners Club and his answer was, in essence, "what's in it for me?"

Now that's a reasonable question for anyone to ask. If they're going to pay \$7.00 for membership, they should know what they are getting. Many of us take for granted our MPRRC membership so let's review what's so great about this Club.

If you were a club member in 1979-80, you had the opportunity to;

1) Attend two running camps, at a very low cost, where you learned, were coached and lectured to by the most knowledgeable runners and physicians in Hawaii;

2) You could attend free of charge at least three Runner's Fairs sponsored by MPRRC;

3) You could've attended several social functions with others including the annual Marathon party attended by various national class runners;

4) You would've received, free of charge, the Club's newsletter, HANG TUFF, and RRCA's Footnotes.

For the average serious runner almost any one of these would've been worth \$7.00. But what about the elite runner? Maybe he knows all there is to know about running and doesn't want to mix with running's "hoi polloi." What's in it for him?

How about this fact: No other single club puts on as many races as Mid-Pac. And instead of a \$5, \$8, or \$10 entry fee, you just sign up at the start and run. You don't get a t-shirt, but how many of us who've been running awhile really want another one anyway?

In the past month, I've spent almost \$30 entering other people's races. Considering all of the ones available to me through MPRRC, perhaps I'm a running junkie (RJ).

But our elite runner (and everyone else who wants to run competitively) has to always remember: MPRRC is a runner's club, run by runners, for runners' benefit. Our racing schedule and other activities don't just happen. They happen because there are some runners who truly care about their sport and want to put back into the sport a little something in return for so much that it's given them.

Don Mueller
President
Mid-Pacific Road
Runners Club

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

runner's log



MAY 24-25	Coca-Cola Ultra-Marathon Primo Relays
JUNE 7	Kam Day Race
JUNE 8	Lanikai Bikepath 5Mile
JUNE 10	MPRRC Awards Dinner, Hickam Officers Club
JUNE 22	Hickam 15 Kilometer AAU Championship
JUNE 29	Diet Pepsi 10 Kilometer Mililani Town
JULY 6	Big Island Marathon 6 A.M.
JULY 8	MPRRC Quarterly Meeting, Waikiki Kapahulu Library 7:30 P.M.

1170 Waimanu Street
Honolulu, Hawaii 96814

S. Harp
933 Moreell Dr
Hon. HI 96818

Organization
U.S. Postage
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Honolulu, Hawaii



"remember that the calendar year for MID-PAC is over may 31st, it's still not to late to sign up"

MPRRC AWARDS BANQUET

JUNE 10, 1980

HICKAM OFFICERS CLUB

Entertainment, free beer, NO HOST BAR

Dinner \$ 4.25 per person

MAKE YOUR RESERVATIONS BY JUNE 3, 1980

MAIL YOUR CHECK TO: Melinda Fischer

1170 Waimanu

HONOLULU 96814

New Officers: PRESIDENT: DON MUELLER
FIRST-VICE PRESIDENT: DAN TOMPKINS
SECOND-VICE PRESIDENT: DICK HOYER
THIRD-VICE PRESIDENT: NANCY COURTER
TREASURER: MELINDA FISCHER
SECRETARY: JEFF JACOBS

Aloha;

As the New Officers assume thier new roles, heading the way for better organization, and more enjoyable races, all of us hope that the 1980-81 running season will be a succesful one. I hope to contribute as much as possible and keep HANG TUFF informative as well as current. With all of the Mid-Pac races becomeing larger and more difficult to catalog, all of us here at HANG TUFF will try and do the best we can. I hope we can all work together, and make this season the best one possible, both for the begining runner, as well as the seasoned one.

CARLOS MARTINEZ
EDITOR HANG TUFF

HAWAII ATHLETIC CONGRESS 50 MILE RUN

30 MARCH 1980

NAME	9.1 mi	17.3 mi	25.5 mi	33.6 mi	41.8 mi	50 mi	DIVISION
TELFORD	1:05:35	2:03:05	3:03:26	4:01:03	5:03:50	6:09:29	40-49
RYAN	1:05:14	2:02:49	3:03:20	4:10:16	5:32:07	6:48:51	SENIOR
COYNE	1:10:20	2:10:35	3:11:46	4:21:55	5:43:17	6:54:32	SENIOR
CHAMIZO	1:12:30	2:20:22	3:29:02	4:37:15	5:50:48	7:06:18	40-49
THOMAS	1:10:29	2:16:59	3:26:37	4:41:40	6:03:35	7:37:51	50-59
STRANG	1:20:40	2:36:24	3:57:00	5:22:58	6:57:50	8:32:22	40-49
CARROLL	1:11:28	2:19:48	3:32:20	4:50:40	6:41:17	8:34:32	50-59
GOMEZ	1:20:50	2:35:58	3:52:46	5:18:35	6:08:35	9:01:43	SENIOR
ARBUCKLE	1:20:50	2:35:08	3:52:46	5:18:35	6:08:35	9:01:43	40-49
J. JONES	1:09:32	2:16:35	3:26:37	4:47:19	6:37:13	9:22:43	40-49
COTHAM	1:23:35	2:38:28	4:08:52	5:45:37	7:44:04	9:53:22	SENIOR
MCCLYMOND	1:23:35	2:38:28	4:08:52	5:45:37	7:44:04	9:53:22	SENIOR
C. JONES	1:20:40	2:36:02	4:12:50	6:06:35	8:03:55	10:04:22	50-59
CASEY	1:10:50	2:36:24	4:16:06	DNF-----	-----	-----	40-49
KREAG	1:20:50	DNF-----	-----	-----	-----	-----	SENIOR

MPRRC KAHI HOLO

As a few fellowrunners listen, camp KAH I HOLO, was both educational and informative. Here relaxing in a quite and peaceful atmosphere, coach BRIAN Clarke speaks giving helpful hints. This was the 2nd runners camp held, and both the coaches and runners had a good time. The food was also a main point of the camp, as many stories are circulating about town.



Results of the Wheeler Schofield Trails End 10K, held on the 11th of May, 1980.

1	35:01	Richard Spinas	O
2	35:53	Ken Jackson	O
3	36:19	Scott Bulfinch	O
4	37:25	Larry Axmaker	O
5	37:28	Bill Edwards	O
6	37:40	Carlos Martinez	O
7	38:09	Dave Krupp	O
8	38:16	Russell Scherck	O
9	38:22	Andy Gresham	HS
10	39:11	Ralph Duckett	O
11	39:32	Donald Leopoldo	50+
12	39:40	Mike McCormick	O
13	39:43	Larry Buckner	O
14	39:49	Russell Dodge	O
15	40:24	Ricardo Rodriquez	O
16	40:27	Al Downey	40+
17	40:50	Brian Higgins	JHS
18	40:56	Milan Marich	40+
19	41:32	Frank Bushakra	O
20	41:38	Scott MacDonald	O
21	41:40	Barry Odegaard	O
22	41:59	Rip Courter	O
23	42:03	Kathy Barcia	WJHS
24	42:20	Micheal Murphy	J
25	42:25	Steve Dixon	O
26	42:37	Tom Davis	O
27	42:48	Marianne Tufteland	WO
28	43:22	Bill Cunningham	40+
29	43:30	Robert Mumby	O
30	43:44	Bernard Jacang	40+
31	44:06	Jamie Paich	HS
32	44:35	Karen Courter	WE
33	44:46	Al Chun	J
34	44:52	Pete Bernier	O
35	44:58	Micheal Englemann	O
36	45:06	Danny Barcia	ME
37	45:17	Kevin Bohlen	O
38	45:18	Ronald Harr	O

39	45:25	Robert Gray	O
40	45:26	Steve Dunlap	ME
41	46:52	Joe Barcia	40+
42	47:01	Ed Casey	HS
43	47:10	Hugh Esco	J
44	47:28	Dan Mees	40+
45	47:30	Tom Burnett	O
46	47:31	Alex Mahler	503
47	47:53	Tom Furguson	50+
48	48:04	Lloyd Sousa	J
49	48:18	Kirk Beckwith	O
50	48:24	Roseann Cunningham	WE
51	48:30	Carol Davis	WO
52	48:40	June Cunningham	WE
53	49:10	Peter Rodgers	J
54	50:45	Joe Gresham	40+
55	51:11	Donald Legg	J
56	51:19	Glenn Cunningham	JHS
57	51:40	Billy Cunningham	JHS
58	52:03	Joe Downey	JHS
59	52:46	Ron Markarian	40+
60	52:47	Doug Kelly	O
61	53:11	Deb Berthiaume	WO
62	53:36	Amy Feteke	WE
63	53:47	Beth Kalal	WO
64	54:41	Richard Foster	HS
65	55:54	Erich Paich	HS
66	56:22	Dennis Schaefer	J
67	56:24	Carol Dangelo-Murphy	WO
68	56:59	Kathy Higgins	WO
69	57:08	Don Elwell	E
70	57:13	Bill Crossley	40+
71	57:16	Laura MacMarlin	WHS
72	57:16	Amy Barcia	WJH
73	57:42	Mae Schjang	WHS
74	57:47	Irene Gray	WO
75	62:07	Jenny Schjang	WE
76	65:37	Vincent Schjang	E
77	65:38	Hans Schjang	E
78	66:03	Hans Schjang jr.	J
79	70:15	Ennja Schjang	WJ

SCHOFIELD RELAYS

Short Bursts

Place	Division	Time	Team
1	01	5:17:48	Tantalus Gold
2	02	5:38:08	Tantulas Red
3	MIL1	5:38:55	Marine Gold
4	MIL2	5:38:59	Navy Hawaii
5	MIL3	5:48:20	Air Force 1
6	MIL4	5:51:58	Camp Smith
7	03	5:53:50	Adidas Aggregate
8	MAS1	5:58:36	Power Solars
9	MIX1	6:01:12	Congenial Defects
10	04	6:05:56	Dirty 1/2 Dozen
11	05	6:07:34	Kahaluu Mudrunners
12	MIX2	6:07:36	Tantalus Blue
13	MIX3	6:10:07	Tenacious Striders
14	MAS2	6:10:17	Pac'Rats
15	MIL5	6:10:47	Half Fast Runners
16	06	6:11:18	No Ka Oi
17	07	6:15:59	Ala Moana Express
18	08	6:19:36	Brothers Diciples
19	MIL6	6:23:50	Devil Dogs
20	09	6:31:00	Snotron Morton
21	MIL7	6:31:57	Hanger2
22	JUN1	6:32:39	Mililani Trojans
23	MIL8	6:37:48	Cad Marines
24	MAS3	6:38:55	North Shore Striders
25	MIL9	6:46:47	Sadistical Six
26	MIL10	6:47:18	Lightning Striders
27	MIL11	6:50:03	Pork Chop RoadRunner
28	MIL12	6:50:42	BJ and the Bears
29	WO1	6:51:12	Faerbers Flyers
29	MIX4	6:51:55	Wiki Wiki Wae Wae
30	MIX5	6:57:30	Eeyore's Tail
31			
32	WO2	7:06:12	Adidas Fox
33	010	7:08:51	Na Kukini Lolo
34	JUN2	7:09:24	Tamc Kids
35	MIL13	7:13:05	Trotters
36	011	7:19:16	Essayons B
37	012	7:21:44	Essayons A
38	MIL14	7:30:50	B. C. Runners
39	MAS4	7:31:56	Hickam Harriers
40	MIL15	7:36:52	Commandos
41	MIL16	7:37:17	Long Stokers
42	MIL17	7:38:18	Soms
43	MIL18	7:38:19	Snorton Morton
44	MIX6	7:40:29	Hickam Harriers
45	013	7:43:25	Na Kukini Lolo
46	MIX7	7:43:40	Happy Feet
47	MIL19	7:47:08	Amtracks
48	MIX8	7:50:19	Striders Numba
49	MIL20	7:56:43	Nasty Pac Dolphin
50	MIX9	8:01:46	G-I *One

In case you missed the BOSTON MARATHON on TELEVISION, congrats to Club Members STEVE SOBAJE (53rd in 2:25:37), SPENCER CHAPMAN (707th in 2:46:54), THAD SUTTER (1362 in 2:57:35), GEORGE ISHIKI (2333rd in 3:10:42), as well as BOB NOBLE and GORDON DUGAN, for whom we have no vital statistics.

Four elected and one appointed Club Officers are so closely aligned with relay running teams we can call them, GOLDY, RATTY, MOLDY, MILER, and RED. Can you guess the persons and their teams? DENNIS HANSEN always the Menace had a 38-hour, 34-minute non-stop effort of walking and running 60 miles in the March of Dimes 2nd Annual Ultra-Trek around Oahu. A newspaper stated, "I asked him if he hurt and he wouldn't answer" (His pride may have been hurt by such a question). Dennis will be glad to know that FRED TRASK finally conceded the Swim-Run Trophy to MPRRC, apologizing for miscalculations, and handing it to RON MARKARIAN.

KAHI HOLO, the Second Running Camp, held this time on the beach at Lanikai, produced some excellent coaches, such as JOHNNY FAERBER, JIM PRESS, BRIAN CLARKE, MICHAEL GEORGI, and BROOK THOMAS, to mention a few.

MIKE TYMN, whose Honolulu Advertiser Column has been widely read for two years, has terminated the Column after change of Editors and much snip-snip of what he wrote. KENT DAVENPORT is circulating petitions to the Advertiser to reinstate him.

con't.

Will they never learn that "FARTLEK" is a Swedish term for speed, not a flatulent noise. CHUCK WALL and SHARON COLON believe the 57 persons turned into a closeknit group after six meals and washing pots and pans together. Cafe COLON-nade? JEFF JACOBS brought by his mother from WISCONSIN, and **STUART HARP** left early for Sunday military duty.

At the Schofield 57-mile Relay and Ultra-Marathon, through a computer error NIKE numbers were for 7 80-man teams instead of 80 7-man teams, so there were overnight adjustments by the hand of SCOTT and SUE BULFINCH, who spent the night at Schofield because of the Ford Island Ferry Schedule. Dr. David Barnes was commended for several runs for ice pickup. DICK HOYER wore the "Winged Mercury" that has become

his trademark while PAUL RYAN emphatically denies his horned cap is that of a snail. FRANK MCDONALD was elated that the Marine Team beat Navy by 4 seconds, running five against six. Among the sun-kist were CARL ELLSWORTH, revived after being ice-packed on a cot, and another runner who was carted to the dispensary. MICHEAL GEORGI has plaque awards and prefers edibles; some runners have edibles and dream of any kind of award. Looking none the worse for 50 miles was MAX TELFORD, wholesome runners-up hobbled forward. JIM BARAHOL, St. Francis Hospital Doctor, was beeped back for a patient between his running legs. Wonder how the new "ARMY" T-shirt will go over at USAF, USN, USMC bases?

THE WEARIN' O' THE GREEN came two days before PATRICK'S DAY for Club Members in the IRISH STEW RELAY at Hawaii-kai March 15, staged by SPENCER CHAPMAN, with a winning team of O'TYMN, O'COURTER, O'THOMAS and O'TELFORD wearing the stunning green T-shirts for the Any resemblance to Leprechauns in running stride was coincidental.

FRANK O'MCDONALD should have had the "luck of the Irish" with his ERIN GO BRAUGH team, but it just didn't "go" fast enough. Frank is now being accepted by 9 out of 9 law schools applied to, only the USMC will let him enter in September.

If the Stew had a little rain, a little wind, and some close finishes, the Old Pali Road Run sorted the runners out. All that went up finally came down. GEORGE ISHIKI was at the highway turn-around to prevent runners from skidding on to the "new" Pali road. BOB GARDNER was sure the turn-around was farther because his time was slower. Undaunted by a pre-race downpour, a crowd of some 150 runners and helpers proved to be dedicated 'nuts'. DAN TOMPKINS and SCOTT BULFINCH in canary-yellow running camp wind-breakers were at the finish line. DOC BENNETT had a striking photo-finish sprint with a runner 4-5 decades his junior. MIMI BEAMS was beaming after her women's win.

A 1-page book review on Mark Osmun's THE HONOLULU MARATHON book appears in the March 1980 "RUNNING TIMES" (WEST), described as "the perfect book to persuade on the plane to HAWAII."

And you may never want to come back'." (Who can afford that book and the plane trip too these days?).

LOU DISANTO can be reached at AMFAC Hotel and Restaurant Dept., 111 South Hill Drive, Brisbane, CA 94003.

MICHEAL GEORGI must have the broadest smile in HONOLULU since winning the MAUI Marathon despite the mud, and slop near the Lahaina Sugar Mill. He is our "Happy Warrior" descendant of one of Napoleon's Imperial Guard from Corsica, we are told. MORGAN EDWARDS a new member from Wash State, observed the hundred at Old Pali and thought it paltry compared to the races back home. NANCY COURTER has been on a 30-day tour of the Orient and didn't get Shanghai-ed. JIM PRESS and BOB NOBLE decided upon Saturday May 10th for a 1-hour XC TRAIL RUN, meeting at Sandy Beach Park and running into Koko Head Crater Garden, with a beach run and a pot-luck breakfast to follow. PRESS back from the Philippines, is off again for Hong Kong and P.I. on May 11th. His moustache and new glasses allow him to go unrecognized except when he's running. NOBLE called WILL CLONEY of the Boston Marathon to be assured his entry would be accepted because "it's a long way to travel for nothing". Our favorite T-shirt collector has said, "Why give away shorts! I want another T-Shirt!" Look at BROOK THOMAS' favorite t, "J'A'dore le Francais".

By Scott Hamilton
Call 923-3308

'old' pali road

1	John Johnson	22:21.9	0	52	Alex Ruth	31:43.5	60+
2	Dennis Hansen	22:53.0	0	53	Shawn Gresham	31:51.9	HS
3	James Johnston	23:04.3	0	54	John Campbell	32:05.6	0
4	David Veunten	23:45.6	0	55	Keith Arakaki	32:15.8	0
5	Morgan Edwards	24:11.0	0	56	George Murry	32:20.9	50+
6	Charles Woods	24:43.1	0	57	Terry Paulson	32:24.9	0
7	David Nevins	25:05.2	0	58	Jeffrey Grunhilton	32:38.2	0
8	Mark Perry	25:10.8	0	59	Ed Fishman	32:47.6	JHS
9	Andy Gresham	25:27.1	HS	60	John Downey	32:50.6	JHS
10	Ken Forbes	25:29.3	0	61	Geoff Taylor	32:58.9	J
11	Ralph Dynes	25:37.4	0	62	Garret Hatcher	33:00.3	0
12	Basil Fussum	25:55.7	0	63	Ray Dotsun	33:08.2	0
13	Ed Padilla	26:03.1	0	64	Hugh Esco	33:34.5	HS
14	Casey Idaraki	26:07.4	0	65	Mike Latham	33:40.8	E
15	Ron Enos	26:17.0	0	66	David Barnes	33:41.0	40+
16	Scott Hamilton	26:19.4	50+	67	Rubbie Barnes	33:45.2	JHS
17	David Devenot	26:26.3	40+	68	Joe Gresham	33:48.9	40+
18	Tom O'Malley	26:41.1	0	69	Billy Cunningham	33:49.3	JHS
19	Carlos Martinez	26:44.4	0	70	Jim Bennett	33:50.3	60+
20	Robert Sheldon	26:51.2	HS	71	Scott Haraguchi	34:00.9	0
21	Unofficial	26:54.1		72	Joe Zavaski	34:01.2	0
22	Bob Gardner	26:57.3	0	73	Rob Caruso	34:01.6	0
23	Tom Smythe	27:05.5	40+	74	Patrick Mau	34:01.9	0
24		27:10.8		75	Roseann Cunningham	34:08.8	EW
25	Saequsa Jiru	27:12.5	0	76	Kenneth Jones	34:46.4	J
26	John O'Brien	27:14.5	0	77	Tito Aicardi	34:52.0	0
27	Rick Kahle	27:16.0	0	78	Ron Markarian	35:24.6	40+
28	Jim Keith	27:22	0	79	Rogers, Peter	35:45.5	J
	Mike Meulemans	27:21.5	0	80	Glenn Cunningham	36:14.8	JHS
29	Ron Arbuckle	28:14.9	40+	81	Michael Lipsey	36:28.8	0
30	Lee Thomas	28:30.7	40+	82	Chris Downey	36:37.3	E
31	Lance Wiebe	28:58.3	E	83	Marshall Dressel	36:41.2	0
32	Sam Callejo	28:59.2	0	84	Bill Hughes	36:41.5	0
33	Frank Rivas	29:03.2	0	85	Dave Guenther	38:05.4	0
34	Bill Cunnigham	29:14.1	40+	86	Chris Reyes	38:26.9	E
35	Gary Holm	29:18.8	0	87	Lois Manin	38:27.2	EW
36	Bo Bogema	29:33.2	0	88	Pat Davis	38:53.2	40+W
37	Leland Bacon	30:09.7	40+	89	Chris Cunningham	39:23.0	E
38	Tony Sandifer	30:12.0	J	90	Raymond Murphy	39:49.2	0
39	Unofficial			91	Maria Johnson	40:42.0	JHSW
40	Mimi Beams	30:23.1	OW	92	Erland Lum	40:58.8	0
41	Steven Dixon	30:30.1	0	93	Edward Miller	41:11.9	0
42	Ellen Pyle	30:41.9	HSW	94	Diane Cohen	41:35.5	OW
43	Ronald Haar	30:43.1	J	95	Robert Gerard	42:15.1	JHS
44	David Rarangol	30:51.1	50+	96	James Kokualani	42:17.4	JHS
45	Ed McKnight	30:55.3	0	97	Paul Gerard	42:22.4	0
46	June Cunningham	30:56.0	EW	98	Christopher Gerard	43:22.8	E
47	John Burke	31:18.3	J	99		46:20.6	
48	Stan Manuia	31:22.4	0	100	Gary Loo, -Unofficial	46:24.1	
49	Renee Yuen	31:22.8	OW	101	Susan Matsushita	46:33.4	JW
50	Ken Frank	31:28.6	0	102	Antonio Carracao	47:14.4	J
51	Frank Suenaga	31:29.4	J	103	Kimberly Chai	47:20.8	JHSW
				104	Gerry Senner	47:22.5	40+W
				105	Heidi Von	47:23.8	JHSW
				106	Cindy Mowrer-Campbell	47:24.3	JW
				107	Kathy Gerard	47:47.7	JW
				108	Trevor Patterson	48:02.3	E
				109	Grant Senner	50:34.1	E
				110	Laura Kane	50:34.1	HSW