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THE COACHE'S CORNER by BRIAN CLARKE

The main purpose of the Brian Clarke School of running is to meet the individual coaching needs of novice and intermediate road runners. These are people who have graduated from the school of "race survival" and are now looking for ways to improve their race performances. Their greatest need is for a definite system within which they can learn to optimize the training effort needed to reach their racing potential. Providing such a system is the primary goal of our twenty-week learning program.

The basic problem in training is to create a steadily rising wave of resistance to the stress of running. The idea is to have this wave peak during a goal race such as the Honolulu Marathon coming up in five months. If this wave is to rise correctly, it will do so in a rhythmic fashion with resistance dropping and rising several times a week in response to effort and rest. The following general principles determine the recovery pattern which is the central focus of our training system:

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runner's log



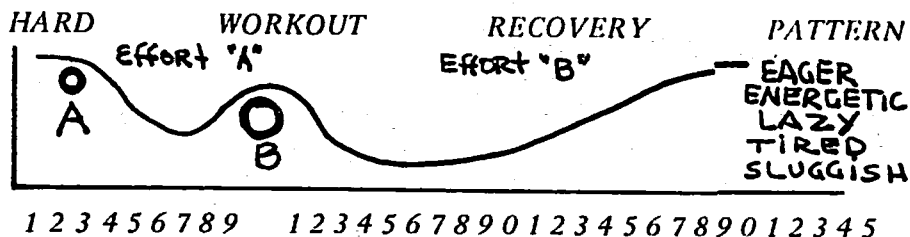
JULY 6 BIG ISLAND MARATHON
JULY 13 KAILUA BEACH RUN 4.8M
JULY 19 AAU CHAMPIONSHIPS ONE
HOUR RUN (Track)
AUG 3 KOLEKOLE PASS 38M
RELAY
AUG 17 KANEOHE MCAS 10K AAU
CHAMPIONSHIPS RUN
AUG 31 HONSPORT 30M RELAY
AAU 30K CHAMPIONSHIPS

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1. The harder the training effort, the lower the drop in resistance; and
2. the lower the drop in resistance, the longer the time to recovery.



The hypothetical examples indicate that it takes a runner twice as long to recover from effort "B" as it takes from effort "A". After effort "A" the worse the runner feels is lazy; but after the larger effort "B", he/she can expect to feel tired and sluggish. These feelings indicate a pattern of recovery which is common to all runners--novice or elite.

Our systems attempt to produce training efforts which are in proportion to the contemplated race effort. Roughly speaking, the bigger the individual's contemplated race effort, the bigger the training efforts needed in order to prepare specifically for the race. This means running some pretty tough workouts; and consequently, regularly "feeling" tired or sluggish in response to training runs. However, the structure of the system is such that adequate time and minimal efforts between hard workouts provide for full recovery and progressive adaptation. Recovery is the sine qua non of improving race performance. Unless the runner regularly allows his/her body to recover injury-free, "energetic" feeling level, optimum improvement is very doubtful. Several questions arise immediately: how much time should be allowed between hard workouts? and what sort of training effort should take up the time between hard workouts? Many runners attempt to train according to "how they feel". Each day they set out planning to run hard if they feel good or easy if they feel bad. Our system attempts to take the surprise factor out of training by setting definite time-slots during the week for hard workouts. This approach requires that the runner learn to gauge the effort of a hard workout knowing that he/she must be adequately recovered in time for the next hard workout. Most of our runners train hard no more than three times a week. They allow a minimum recovery time of 48 hours and a maximum of 60 hours between each hard workout. Most runners train hard no more than three times a week.

The major objection to the Hard-Easy System is that the runner cannot get in enough weekly mileage running such short workouts. Our experience is that mileage is reapportioned rather than diminished. Future articles in the column will have more to say on this subject. Here, I will simply suggest that the mileage is only one component of training effort. In several of our workouts it is given only minor consideration. For instance, our intervals workout in Kapiolani Park is a set distance every week. Instead of miles, individuals focus on exertion, intensity, and pace for their particular distance. They are looking for a steady, effortless progression in these areas over a period of months. If you would like to learn more about our system, please join us on Tuesday or Thursday between 4:30 and 7 pm at the Diamond Head end of Kapiolani Park or call Brian Clarke at 737-4340.

HICKAM 15K

1	Don Mueller	50:47	O
2	Jim Press	51:09	O
3	Mike Tyne	51:16	40+
4	Scott Whitney	51:25	M
5	Robert Diaz	51:27	M
6	Morgan Edwards	51:58	O
7	John Faerber	51:59	40+
8	Bill Hulmer	52:01	40+
9	John Nigro	53:50	O
10	Anthony Sedeno	53:54	O
11	Charles Woods	54:29	O
12	Steve Kux	54:55	O
13	Bruce Elliott	55:09	M
14	John Johnson	55:15	O
15	Irving Lee	55:41	HS
16	Mark Perry	55:50	O
17	Ron Knos	55:59	O
18	Mike Meulmans	56:28	O
19	Basill Fossum	56:55	O
20	Jeff Liu	57:02	HS
21	Eric Arnot	57:37	HS
22	Donald Leopoldo	57:37	40+
23	Curtis Liu	58:01	O
24	John O'Brien	58:08	M
25	Rick Plume	58:15	O
26	Scott Bulfinch	58:44	M
27	Scott Hamilton	58:53	50+
28	Frank Bushakra	58:53	O
29	Dave Huntley	58:59	O
30	Brian Chong	59:23	HS
31	Al Downey	59:24	50+
32	Larry Backner	59:36	M
33	Steve Dixon	1:00:00	M
34	Tom Gaarder	1:00:30	40+
35	Tom O'Malley	1:00:32	M
36	L. J. Beasley	1:00:38	40+
37	Tim Nakamura	1:00:47	HS
38	Michael Murphy	1:00:53	O
39	Doug Schramel	1:01:03	40+
40	Tim Merrick	1:01:38	O
41	Jiro Saegusa	1:01:48	O
42	Barry Wedgaard	1:02:15	O
43	Jay Clark	1:02:25	40+
44	Ken Kramer	1:02:35	40+
45	John Kragg	1:02:54	O
46	Dan Barcia	1:03:04	JHS
47	Juan Gomez	1:03:30	O
48	Noel Burchie	1:03:34	40+
49	(no name)	1:03:38	O
50	Tom Davis	1:04:27	M
51	John Barcia	1:04:36	HS
52	Rick Frier	1:04:55	M
53	William Cunningham	1:05:21	40+
54	Gerald Daley	1:05:33	O
55	Jerry Jones	1:05:34	40+
56	Robert Valle	1:05:44	40+
57	Alan Picard	1:05:47	O
58	Chuck Strang	1:05:48	40+
59	Lance Wiebe	1:06:04	E
60	Robert Kirby	1:06:59	O
61	Doug Tremaine	1:07:34	M
62	John Johnston	1:07:41	M
63	Thomas Burnett	1:08:04	40+
64	Robert Gray	1:08:25	O
65	John Oulton	1:08:29	40+
66	John Cotham	1:08:33	M
67	Don Hobbs	1:08:57	M
68	Morgan Hostetter	1:09:04	O
69	John Karolson	1:09:12	O
70	David Baranzol	1:09:15	50+
71	Robert Doleman	1:09:24	40+
72	Carmen Frankhauser	1:09:31	N
73	Tom Ferguson	1:09:34	50+
74	Lou Lubag	1:09:47	40+
75	William Jones		M
76	Carol Davis	1:11:30	O
77	Ray Dotson	1:11:46	M
78	Peter Barcia	1:12:09	40+
79	Todd Gomez	1:12:35	E
80	Kathryn Wong	1:13:08	O
81	Rip Courter	1:14:00	M
82	Curtis Tom	1:14:02	JHS
83	Jane Cunningham	1:15:01	K
84	Dawn Lake	1:15:11	O
85	Luther Haas	1:16:48	M
86	C. E. Jones	1:17:49	50+
87	Bosanne Cunningham	1:18:32	E
88	Carol D'Angelo-Murphy	1:18:53	O
89	Kenneth Wheeler	1:19:18	50+
90	Janie Donney	1:19:21	HS
91	Robert Flick	1:20:14	HS
92	Ray Dettay	1:22:23	50+
93	Frank Roddin	1:22:24	50+
94	Jacques Camp	1:22:33	O
95	Janet Kemmerer	1:23:26	40+
96	David Bennett	1:24:10	E
97	Mark Eaton	1:24:40	HS
98	Jenny Schlang	1:24:47	E
99	Irene Gray	1:24:49	O
100	Mike Rickey	1:25:12	50+
101	May Schlang	1:26:04	HS
102	John Downey	1:26:27	JHS
103	Glenn Cunningham	1:27:24	JHS
104	Keith Rickey	1:27:25	HS
105	Ron Markarian	1:30:54	40+
106	Jo Oulton	1:32:48	O
107	Laura McFarlin	1:39:13	HS
108	Any Barcia	1:39:49	JHS
109	Ella Schang	1:40:32	JHS
110	Vincent Schang	1:50:01	E
111	Anthony Kozmak	1:52:05	40+

HANG

TUFF

COLUMN

Dick Hoyer is anticipating attendance of 75 at the RACE DIRECTORS SEMINAR, Saturday July 12, 8:30 AM thru 3:20PM at Territorial Savings and Loan Building, 19 Oneawa St., Kailua (Reservations: 949-2876, with perhaps 15 serving as officials the next day July 13 for the KAILUA BEACH RUN. CONNIE CHUN of the Club Board of Review, resigned the Chair of the Honolulu Police Commission to make a race for the State House of Representatives (Democrat 18th District, Aiea Moanalua). Connie (423-1432) has a "running chance" to win because the HUNKY BUNCH is running behind her, as shown on her campaign brochure, with thier shirt emblem. JIM PRESS writes from Hong Kong about his runs up Victoria Peak to keep up with his possible competition at the Hilo Marathon upon return from present GAO assignment. MIKE TYMN is back with his Honolulu Advertiser Column "On Running", after a brohaha raised by the running world. Also, he is starting a monthly column in the National Masters Newsletter, called "The Gun Lap" starting with the July 1980 issue. Mike reports that ex-clubber JOHN NOTCH, now of Oakland CA, set a new course record in the Russian River Marathon in 2:32:48 (Ed: With or without lava-lava?)

The TROPIC LIGHTNING STRIDERS (TLS) broke into the running community with their First Annual 10Km on June 1, Schofield Barracks. Overall winners were STEIN RAFTO (32:12) and NOEL MURCHIE (40:55). Although the Club membership is limited to active and retired military, thier dependants, and Dept. of Defense civilians, anyone is welcome and encouraged in TLS competition (hopefully every other month). KATHRYN WONG (655-4930) says the Club is planning to manage the KOLEKOLE PASS RELAYS in August and the SCHOFIELD 25Km in October. Four Club leaders will organize the FOURTH CONFERENCE ON RACE ADMINISTRATION for the Honolulu Marathon Assosiation Dec. 3-4-5, 1980 at the Prince Kubio Hotel, Waikiki, with registration fee of 30.00 dollars for the three afternoon pow-wow. This year's theme will be "The Nuts and Bolts of Long Distance Running Race Management" and the Organizers are SCOTT HAMILTON (Also 79 Chair), RON MARKARIAN, GORDAN DUGAN, and SCOTT BULFINCH. Key-noters invited are JOCK SEMPLE (Boston), TED CORBITT (New York), and KEN YOUNG (Tucson).

CHUCK STRANG is moving to Scottsdale, AZ due to the severe asthma condition of his wife, has joined the Arizona Road Runners Club, and will live at 7325 E. Oak St., Scottsdale, AZ, planning to enter the Fiesta Bowl (Downhill Run) in December to qualify for Boston in 81. He plans to teach either at South Mountain Community College or Northern Arizona State University. There's a rumor about: "Runners Loaf is coming. Watch for it!" Some seem to loaf at running anyway without the bread. CARLOS MARTINEZ did a Super-Duper job in his first HANG TUFF effort, except for the typing of this column. His superior performance may be attributed to his recent engagement. To Whom? HORSEFEATHERS! as the Marx Brothers would have said, upon seeing two peas-in-a-pod or two clowns-in-a-sheet in the Kam Day Race. Behind the Groucho Marx nose/moustache were front runners DENNIS HANSEN and STEVE SOBAJE, looking like left-overs from the Bay-to-Breakers. Theybad to sprint the last mile just to keep up appearances. WHO DAT? GARY MEYERS, just back from the Air Force Academy won Kam Day, and newcomer SCOTT WHITNET, now here from San Diego with the Navy, placed 2nd in the Lanilai Bike Path Race.

con't

LANIKAI BIKEPATH

1	26:09:3	Don Mueller	0
2	26:10:4	Scott Whitney	0
3	26:30:8	Mike Tymn	40+
4	27:11:8	Dennis Hansen	0
5	28:12:5	Morgan Edwards	0
6	28:26:7	Frank Mento	0
7	28:34:1	Scott Bulfinch	0
8	28:46:1	Ron Enos	0
9	29:04:8	Steve Kux	0
10	29:22:0	Mark Perry	0
11	29:43:6	Jim Kinkead	HS
12	29:46:8	Jeff Nakasone	0
13	29:49:3	Carl Ellsworth	40+
14	29:58:9	no name	0
15	30:05:9	Spencer Chapman	0
16	30:25:9	Scott Hamilton	50+
17	30:29:3	Rick Plume	0
18	30:32:0	Donald Leopoldo	40+
19	30:35:5	Bob Edmond	0
20	30:38:4	Noble Beck	0
21	30:42:3	Dick Hoyer	0
22	30:53:8	Dave Huntley	0
23	31:05:2	John Bahrenburg	0
24	31:27:2	Milan Marich	40+
25	31:34:6	Mike Lynes	JHS
26	31:40:6	Geoffrey Taylor	0
27	31:51:1	Rob Flick	HS
28	31:54:5	Dave Davenot	40+
29	31:55:1	Bob Peterson	0
30	32:04:1	Tom Davis	0
31	32:08:7	Doug Sehramel	40+
32	32:10:6	Bill Edwards	0
33	32:11:3	Tom Sullivan	40+
34	32:29:4	Ron Bianco	N
35	32:32:8	Dwight Ovitt	0
36	32:43:5	Bill Cunningham	40+
37	32:49:4	Steve Eggert	0
38	32:54:1	Steve Dixon	0
39	32:55:0	Tom Smith	HS
40	32:57:8	Jiro Saegusa	0
41	33:02:7	John Kregg	0
42	33:39:8	Danny Barcia	E
43	33:52:3	Jack Stromberg	0
44	34:09:1	Robert Doleman	40+
45	34:11:9	Robert Lynes	40+
46	34:17:0	Dennis Morisada	0
47	34:29:2	Bob Lentz	0
48	34:44:2	Karen Courter	WE
49	34:51:9	Al Chun	N
50	35:16:6	Rodney Guba	0
51	35:23:4	R. Valle	40+
52	35:29:0	Felipe Romar	0
53	35:33:2	J.P. Karbens	0
54	35:35:1	Tom Pfitzer	0
55	35:52:7	Robert Sands	0
56	35:54:3	Nancy Courter	WO
57	35:59:6	Hal Fouts	N
58	36:09:6	no name	0
59	36:11:8	M. Fages	0
60	36:19:5	R. Mumby	0
61	36:26:7	Greg Gaydos	0
62	36:45:3	D. Ofsevit	N
63	37:00:1	Pete Barcia	40+
64	37:09:8	Donald Meyer	0
65	37:13:8	Carol Davis	WO
66	37:16:2	Ed McKnight	0
67	37:27:8	Mike Gaber	N
68	37:31:1	Craig Austin	0
69	37:36:1	Lenny Farm	0
70	37:46:9	Sheldon Hershinoo	N
71	37:50:4	Ray Iacovelli	0
72	38:15:0	Sig Rambler	50+
73	38:39:2	Mike Hadfield	40+
74	38:43:8	David Arakaki	40+
75	38:49:8	Mike Roydberg	HS
76	38:53:3	June Cunningham	WE
77	38:54:0	Joe Cucinelli	HS
78	39:00:8	Rosanne Cunningham	WE
79	39:22:5	Butch Llewellyn	N
80	39:54:1	Tehenia Schramel	HS
81	39:55:1	Doug Kelly	0
82	40:06:1	Jamie Downey	WHS
83	40:45:0	Marilyn Santos	WO
84	41:22:6	Joan Flynn	W50+
85	41:23:4	Ray DeHay	50+
86	41:24:6	Dean Mick	0
87	41:56:1	Noel Fishman	WO
88	42:03:2	Dan Cohen	0
89	42:35:6	Brian Duffin	0
90	42:38:4	Mark Vanheukelen	JHS
91	42:46:2	Joe Barcia	E
92	42:48:6	Michael Horworth	E
93	42:56:6	Brodie Spencer	N
94	43:00:8	Lee Haluerson Jr.	E
95	43:20:6	Chris Cunningham	E
96	43:34:4	Lee Haluerson	N
97	43:44:4	Irwin Ijima	N
98	44:50:9	Frank Roddin	50+
99	44:56:5	Stefanie Tompkins	WHS
100	44:57:3	Kay Tompkins	W40+
101	45:16:5	Kathleen Schinyama	WO
102	45:31:8	Loretta O'Hara unofficial	50+
103	45:36:1	Craig Whitesell	50+
104	45:38:6	Nancy Mazonson	MN
105	45:39:5	Leslie Cohen	WO
106	45:40:6	Ron Markarian	40+
107	46:35:7	Moke Strassberg	?
108	46:56:2	Marylou Mick	WN
109	47:01:1	Steve Drake	0
110	47:23:1	Deborah Sinke	WO

THAT IT SHOULD COME TO THIS--More Space is devoted to "Dogs Must Be in Condition Before Attempting to Jog" than some MPRRC races, in local papers. This article goes on to advise, "If the pet appears to be in a state of shock, a veterinarian should be called." The six percent rise in Neighbor Isle fares may dent the pocketbook but not the enthusiasm for the three Neighbor Isle Marathons (as long as 't' shirts are given?). OLYMPIC MARATHON TRIALS are over, and no one from Hawaii placed (or entered). The three winners will pass through, not to Moscow, but to Fukuoka in December, TONY SANDOVAL, BENJI DURDEN, and KYLE HEFFNER. GORDON DUGAN had second thoughts about rushing off to the State of Washington after the Mount St. Helens blew its lid, but now leaves for Western States 100 on June 24. They laughed as SCOTT HAMILTON assiduously scraped daily airline game cards for 29 days, and they wept when he won a Round-Trip ticket, First Class to the East Coast, and in the middle of the Recession, too! (Do they serve Gatorade in 1st-class? Press notices about MAX TELFORD are intriguing: "Telford: A Marathon Man Who Takes It To The Absolute Max", "Telford, the Toast Of The Ultra-Runners", and "Gritty Telford Wins 100-Mile Run." My favorite label is "The Blue Max", after the WW1 German Flying Cross, but if you mention the name SIEFRIED BAUER to Max, the Blue Max turns "red". During the Koko Crater Cross-Country Training Run led by JIM PRESS, the crew raced down the bottom of a viaduct littered with golf balls, GLENN MASON being "on the ball" by finding eight. Those song-birds, the BULFINCHES arrived so early they thought they had been left behind.

No, the house of KENT DAVENPORT at 4340 Aukai in Kahala did not burn up a second time; fire engines raced to 4738 Aukai, where a burned piano was left of a recreation room on May 15. THE COURTER MILERS have now become the super-colossal "non-profit mailing team" for the MPRRC, dubbed the "THE COURTER MAILERS" or some such.

NANCY COURTER is corresponding with KEN YOUNG of the National Running Data Center to get our race results conformed to their format. GEORGE MURRAY was praised for a superlative job administrating Lanilai in his own "back yard". The surprise was President DON MUELLER winning the first race of the new season, setting a pace for the rest of the club members. The steep uphill segment comes at the end. One person gasped "I'm finished" before he finished the hill before the finish line. Others said "I'm famished" and devoured the boxes of do-nuts provided with the liquid support. THE AWARDS DINNER at Hickam had the Hawaiian Airlines Combo, in case you weren't listening, and seconds in the serving line, in case you weren't full on the first go-round. Among the families turning out were the COURTERS and BARCIAS, both of which took awards. For once, the trophy bowls didn't have "Made in..." on the bottom. Special certificate awards were presented by outgoing President RON MARKARIAN, all framed and matted. RON steps out of his blue USAF Colonel uniform about 31 July but can't reveal his future plans yet. DICK HOYER has moved from Braniff Airlines to Cybernetics, where he is an Associate, working in motivation. As a "Goalie" he specializes in Goals and Objectives. GLENN MASON will convene the Board of Review (CONNIE CHUN, DICK SUTTON, SPENCER CHAPMAN, and SCOTT HAMILTON) to make recommendations on items such as the Running Camp (Maybe April 81?). Remember that the Kauai Marathon date is no longer October 5, but rather the 12th (Columbus Day Weekend), and Honolulu Marathon is no longer Dec. 14th, but the 7th. There's always 12½% who do not get the word (allowing for inflation). **con't**

111-47:27:2	Peg Pfitzer	WO
112-48:16:2	John Pannier	O
113-48:43:6	Wayne Pugh	50+
114-48:47:0	Donald Ho	O
115-48:54:5	Pam Buck	WN
116-49:07:6	Malia Van Huekelen	WJHS
117-49:29:3	Matthew Duckett	E
118-49:22:8	Rhonda Horworth	WJHS
119-51:28:0	Julie Barcia	W40+
120-52:38:3	Arlene Gardiner	WN
121-53:04:9	Lori Chapin	W50+
122-53:15:0	Melinda Stoddard	WO
123-53:16:0	Tom Sullivan Jr.	E
124-53:36:6	Susan Wellsforth	WN
125-54:06:6	Neal Okamoto	40+
126-54:06:6	Amy Okamoto	WO
127-56:41:1	Theresa Toney	WO
128-56:41:8	Cynthia Mowrer-Campbell	WO
129-57:29:8	Bill Sager	40+
130-58:21:8	Michele Cooney	WO
131-59:03:0	Ed Blight	N
132-65:41:9	Doris Pugh	W50+
133-	K.C. Ho	WO
134-	Michael Baers	E
135-	Ruta Waidelich	W60+

At the Annual MPRRC banquet, held June 10th, at the Officer's Club at Hickam, Charles Woods and Kathy Barcia were accorded top honors as Male and Female Runners of the past running year. The Masters award winners were Don Leopoldo for the 40+ and Scott Hamilton in the 50plus group. Nancy Courter was the Women's Open top runner and daughter Karen took the female elementary division. Dan Barcia and Jon Barcia were the Male elementary and high school winners. Chris Courter took the junior high award. Past Hang Tuff Editor Don Mueller, now the Club President, was given an award for his work for his contributions to the club magazine. Certificates of Appreciation were given to:

Pres.	Ron Markarian
1st V.P.	Dick Sutton
2nd V.P.	Glenn Mason
3rd V.P.	Beth Kolal
Alan Fox,	Scott Bulfinch
Sharon Colon,	Chuck Wall,
Scott Hamilton,	Gordon and
Barb Dugan,	Linda Ibaraki for
the "t" shirts and	Dick Hoyer
for his help with the	past runners
campers.	

Spencer Chapman and Stu Miles for thier work as Race Directors of the Irish Stew Relays and The Around the Island Relay.

For those who thought Schofield-Wheeler "Trail's End" was the "Living End" and a bit muddy, remember this is the "dry season". Boston Marathon Living Legend JOCK SEAMPLE to be in town for a week, beginning August 19.

The magic word to start a conversation with Jock is "Rosie". CINDY DALRYMPLE, now of Seattle, has a 12-year-old son, JOHNNY, who ran 2:59 plus in the Lions' Gate Marathon in Victoria, B. C., the first week of May. MIKE TYMN wins one and "loses" another chance. NIKE is paying his way to the Cascade Run-Off 15km in Portland June 29th, the same day as Diet Pepsi in Honolulu (the winner getting a trip, maybe to Denver). BOB NOBLE came down with a touch of flu in Boston and so dropped out of the Marathon at the 18-mile mark—that's HAERTBREAK HILL for you! JOHN ALEXANDER is really submerged in his work, according to his mother, BERTA, and when he goes "down under", she refers not to Australia but a Polaris Sub. Navy-man John will surface to give his sister away in marriage. New runner SCOTT WHITNEY is CIC Officer on USS Badger, having graduated from the Naval Academy May 79, and spent a month of May 80 in Colorado with the U.S. Navy Track/Field Team. He ran 10,000 meters in inter-service track meet. Scott's originally from Maine. TIM GALLUP (son of JIM) is a recent High School graduate, now working for BARRY ONETO at Power Solar in the Running Room learning the art of shoe doctoring (starting with the bottom of deteriorating running shoes). Hence Jim and Maxine are planning early retirement. In the Lanikai Bike-Path race Women's Division, three generations were represented: KAREN COURTER (1st) NANCY COURTER (2nds) and RUTH WARDLIECH, grandma, last but not least! VENKE EDWARDS (Morgan's wife) wearing a blouse shouting "Baby" with an arrow pointing down to presumed site of construction. She's Norwegian from FLORO (West Coast near Bergen), working for Pan-Am and currently on leave of absence while expecting a first child. She's a non-runner who allows husband spare time to run. JAMES JONHSTON sporting rainbow tinged visor cap and pack he designed himself. BILL BULMER just returned from a week of temporary duty in Philippines. 90 degrees and 90 per cent humidity, good training for Hickam 15 km. DON MUELLER found 85% humidity in Singapore and Hong Kong, putting him on the same footing in training with JIM PRESS for Hilo Marathon. Scott Hamilton 923-3308.

The AAU Championship One Hour Run will be held this year at Cooke Field, UH MANOA, and it will start at 6:00 p.m. One heat will be run, and all runners need to have a current Hawaii AAU Card.

Remember, all members who have not yet paid their dues, this will be the last HANG TUFF you will receive. Please let's all have our dues in. The club cannot do it without you.

Mayor's Run:
The initiation of the Civic Center Running Course and the Mayor's Run held May 28 was a great success as attested by the number of joggers who took part and the media coverage received. The MPRRC had a large part in making it such a success and the Department and I would like to thank you and your Club members for lending their expertise at the start and finish

lines. A special thanks goes to Colonel Markarian and Mr. Hoyer for their wholehearted support.

I look forward to the many runs, races and jogging activities that the Department and MPRRC can work together on in the future. Warm regards. RAMON DURAN, Director Department of Parks and Recreation, City and County of Honolulu.

I'd like to share with our readers a road race challenge I've made to runners in Franklin County, Vermont during the month of October, 1980. I am originally from this area in northern Vermont and will return this fall with several fellow MPRRC members to train for the New York City Marathon scheduled this October 26th. Franklin County, Vermont is a dairy farming area surrounded by mountains which are brilliant in the fall due to the maple trees which dominate the forests in this area. The area is ideal for running during October as the air is crisp and clean and there are both hills and river valleys for training. The highways and secondary roads are lightly traveled but even the fields would make cross-country runners delighted as there are miles of uninterrupted spaces to run during this time of year. A group of MPRRC members who participated in the Primo Relays in May under the name "Sub-Six" are considering joining me for a vacation/running holiday in the Franklin County, area in early October. We have proposed a challenge to runners in the area of Hawaii vs. Franklin County Race of 10,000 meters on or about Oct. 19th. Those who have spoken of an interest are: Carlos Fuentes, Bill Griffith, Harold Lee, Dennis Morisada in addition to myself. None of us are outstanding competitors, but as a team we placed 12th overall in the recent Primo Relays. We would like to encourage other MPRRC members to join us in Vermont and also at the New York Marathon in October. We are guaranteed a great time and lots of publicity in the local press, as the race billed as the Running Capital of the World vs. the Dairy Center of the World. If anyone is interested, and would like further information, feel free to contact me at 538-6301. Mahalo, Dwight Ovitt

NIKE-U.S. CLUB ROAD RACING CHAMPIONSHIP - TEAM RESULTS.

San Diego, California

Saturday 5th April 1980

<u>Position</u>	<u>Name of Club</u>	<u>Point Total</u>
1.	Snohomish Track Club	9
2.	Mid-Pacific Road Runners Club	25
3.	Seniors Track Club of Los Angeles	38
4.	National Capital Track Club	43
5.	San Diego Track Club 'A'	49
6.	West Valley Track Club	52
7.	Culver City A.C. 'A'	58

NIKE-U.S. CLUB ROAD RACING CHAMPIONSHIP - RESULTS

San Diego, California

Saturday 5th April 1980

MASTERS MEN:

<u>Position</u>	<u>Team Position</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1.	1.	Mike Tymm	Mid-Pacific Road Runners Club	32:25
2.	1.	David Hambly	Snohomish Track Club	32:43
3.	2.	Earl Ellis	Snohomish Track Club	33:10
4.	3.	David Pitkethly	Snohomish Track Club	33:38
5.	2.	Jim Gallup	Mid-Pacific Road Runners Club	33:42
6.	1.	Raymond Hughes	So. California Striders-A Team	33:48
7.	1.	Tom Cathcart	West Valley Track Club	33:55
8.	1.	Dick Hipp	National Capital Track Club	34:02
9.	1.	Cal Hamren	San Diego Track Club - A Team	34:13
10.	1.	Joe Burgasser	Seniors Track Club of LA	34:23
11.	4.	Philip Walkden	Snohomish Track Club	34:31
12.	2.	Eino Romppanen	Seniors Track Club of LA	34:36
13.	1.	Andre Tocco	Culver City A.C. - A Team	34:38
14.	2.	Chan Robbins	National Capital Track Club	34:39
15.	2.	Roger Bryan	West Valley Track Club	34:39
16.	3.	John Rudberg	Seniors Track Club of LA	34:42
17.	2.	Bill Porter	San Diego Track Club - A Team	34:48
18.	1.	Will Rasmussen	San Diego Track Club - B Team	34:57
19.	3.	Johnny Faerber	Mid-Pacific Road Runners Club	35:06
20.	2.	Marvin Rowley	Culver City A.C. - A Team	35:15
21.	3.	Charles Ross	National City Track Club	35:26
22.	2.	Charles McKenney	So. California Striders-A Team	35:29
23.	3.	Bob Jordan	San Diego Track Club - A Team	35:48
24.	1.	John Woolley	Team Inside Track	35:54
25.	3.	Skip Shaffer	Culver City A.C. - A Team	36:03
26.	2.	Ted Yzaguirre	Team Inside Track	36:05
27.	4.	Henry Richmond	Mid-Pacific Road Runners Club	36:07