



The Mid-Pacific Road Runner



Post Office Box 2571 • Honolulu, Hawaii 96803 • www.mprrc.com • Vol VI, Number 3 • Fall 2007
• Published Quarterly •

Race Winners



Emily King

**Lanikai
Bike Path
Run
8K**



Todd Iacovelli



Lauren Ho

**Kailua
Beach Run
4 1/2
Miles**



Matthew Chamberlain



Sayuri Kusutani

**Tamanaha
Memorial
15K Run**



Todd Iacovelli

THE PRESIDENT'S FORUM

By Helen Chisum
MPRRC President

Aloha Fellow Runners,
Here's an update on raves held this summer. The "Lanikai 8K Memory of Daniel Levey" was held on Sunday, July 15th with 168 participants, including Andy Baldwin of "The Bachelor"! Our thanks to Dr. Joyce Cassen for arranging to have the Cherry Blossom court assist at the aid station. She also provided tank tops for all finishers as well as refreshments from Jamba Juice and Starbucks.

The Kailua Beach run held on the following Sunday brought out 64 runners. A potluck and quarterly meeting was held after the race Mahalo to all who provided refreshments.



We're getting ready for the Marathon Readiness series and have over 800 participants signed up! Also, we have finalized a new route for the 25K, which was previously ran at Schofield. A big mahalo goes out to Ron Pate for his hard work in certifying and designing the new course, which will be run on the Windward side.

The Club will once again be sponsoring a tent at the Honolulu Marathon. Details are being finalized, so please check out our website at www.mprrc.com for updates, as well as information regarding the "Predict Your Time" contest. We will be joined by Brian Clarke's training group, Faerber's Flyers, and this year, Jack Schaff's Honolulu Marathon Clinic group. Our tent will be much larger than previous years, to accommodate all participants comfortably. If you are not planning to run, we ask for you assistance in the tent. Please call Joan Davis or myself to volunteer.

Stay safe and keep on running!

YOUNG RUNNERS

We do not know who these young runners are, but we hope they keep running and we hope they become MPRRC members!



MEET OUR MEMBERS by Lyle Nelson



PEGGY OYAMA runs for her health even though she is not all that crazy about running. She uses a treadmill in a gym, and prefers volleyball for exercise. That said, this native of Vancouver, B. C. has still run in about 50 road races over the last five years. While she prefers the 5K, Peggy is thinking about running the Val Nolasco Half-Marathon this year. In recent years she has lived in Portland, Oregon and Fort Collins, Colorado. Peggy is a paralegal in the patent business.



GARY MARR worked with high tech equipment inside the Subaru Dome during its construction atop Mauna Kea. He lived in Waikoloa Village while this work was being done. Gary now lives in Kapolei. A native of Ketchikan, Alaska, he went to Eastern Oregon School of Education in La Grande, Oregon and did not start road running until 2000. Since then he has completed 21 marathons. His marathons include seven Honolulu, four Hilo, three Maui, three Kona, and one in Anchorage. He is now into trail running under the guidance of Brian Clarke. Gary describes himself as a steel worker.



MARK CORREIA is a long-time road runner and frequent road racer. He wears a University of Hawaii baseball cap during his 40-mile-a-week workouts. He usually runs at Ala Moana and Kapiolani Parks. Mark has been doing marathons since 1984 including Maui and Volcano. He liked his 4: 43 in Los Angeles in 1992. Mark manages a department at Longs, Ala Moana.



TERRI KINDNESS is a helicopter pilot for the Coast Guard. She lives in Ewa to be close to the Coast Guard pad at Barber's Point. This is her first year in Hawaii and she has run several local road races. Terri did the Port Angeles (Washington) Marathon when she was stationed there. She runs about 30 miles a week and enjoys Hawaii's running weather compared to Washington's that is her home state. She hails from Edmunds, a short distance north of Seattle.



SCOTTY ANDERSON wears red so that drivers will see him during late afternoon runs, often from Kapiolani Park toward Hawaii Kai and back. A native of Pepeekeo on the Big Island, Scotty likes the Volcano 10-miler around Kilauea. At the same time, he believes his best distance is the half-marathon. He attended Punahou, then Oxford Academy in New Jersey, and San Jose State. He did not run in his school days. He is now a manufacturer's representative. Scotty has been road running for four years. He keeps a log of his training runs. His standard is a 33-mile week.



GARY FANELLI JR. is a 6th grader about to enter Maryknoll. He has already lost track of the number of road races he has run. Gary likes the 5K the best and he has won his age group. Born in Philadelphia, Gary has excellent running genes, as both parents are champion runners. He sometimes works out on the U of H track with his mom, Connie Comiso-Fanelli. Gary enjoys the races, always tries to improve his times, and knows they will get better each year. In addition to running, Gary likes basketball.

MEET OUR MEMBERS BY Lyle Nelson



RON HELLER is a lawyer. He took up running five years ago to lose weight. As a result he has lost 50 pounds. Originally from Cleveland, Ron has both economics and law degrees from Michigan at Ann Arbor. He came to Honolulu in 1980 and he has just returned from a skiing trip on the white slopes of New Zealand's South Island.



CHRISTA OBARA was born in Germany but she grew up in Alliance, Ohio. Her interest in high school was synchronized swimming. Christa came to Hawaii in 1970. She has run over 50,000 miles between 1974 and 2006! Christa has done an Ironman and 10 marathons, health and conditioning is also her work. She does both accupuncture and massage. Christa lives in Pahoa Valley with her husband, Axel.



SAM AUCOIN is the **TIMELINE** man, often inconspicuous behind the finish line race clock. However, he knows running from the other side of the finish line too. Sam has done 11 marathons including six here and the others spread between New Hampshire and Volcanoes National Park. Sam took over **TIMELINE** from Dick Cowan in 1980. Sam has been a comptroller at Tesoro Oil for 20 years. He is a Vietnam veteran, graduated from the Univ. of New Hampshire, came to Hawaii in 1970 and earned a MBA at UH. Sam is often helped at races by his daughters Kristi and Amber.



J. B. NATION is a runner, race director, former college runner, and cross country coach. Originally from Owensboro in western Kentucky, he ran the 880 at Vanderbilt University in Nashville, Tennessee. J. B. went to graduate school at Cal Tech in Pasadena and coached the cross-country team at Palos Verde High School near Long Beach, California. He has been on the UH faculty as a professor of mathematics since 1979. For the past 10 years he has been race director for many MPRRC races on the Windward side of Oahu.



MIKE TARATKO came to stay in Honolulu last December although his brother, Dave, a fireman, has been here 20 years. Mike has made frequent visits to Honolulu over the years. He started running at age 13 and has running experience in New York, and Japan as well as here. In Japan, Mike particularly liked the Takamitsu 30K where runners go up a mountain trail, get a medal and ring a bell at the top before descending to the finish line. Mike grew up in West Hempstead, Long Island and went Hofstra University. He has done the New York City and Honolulu marathons.



BILL CUNNINGHAM has done 24 marathons and hundreds of races during the past 30 years. Originally from Connellsville, Pennsylvania, he grew up on Long Island. Bill ran both cross-country and track at Swathmore College in Pennsylvania. He got postgraduate degrees at Drew University and Columbia University before coming to Hawaii where he spent 25 years with the DOE before retiring. Bill taught English as a second language in Kahuku and Honolulu. He lives in Kaneohe. Bill has six children and five of them are runners.

ONLY IN HOLLYWOOD

By Kit Smith

As befits a race starting in the shadow of Universal Studios Hollywood, the 2007 Los Angeles Marathon produced – for me – a tale of deception, a plot twist, and a surprise ending. Never before in 30 years of road racing have I experienced anything like it. While it features many a costume-clad participant and high fiving of spectators, make no mistake, many runners besides the elite came to the March 4 event aiming for a “PR” or perhaps even an age group award. As a 72-year-old doing my 40th marathon, I was hoping for 3rd place among men 70-74. To have a shot at 1st, I figured I had to beat 4 hours. The prior year, no man over 70 did under 4 hours.

The first mile, from the mob-scene start at Lankershim and Cahuenga boulevards, took me almost 10 minutes. Still, I did the first half-marathon in 1 hour and 54 minutes. Encouraging! Then, for me as for many others, the day's heat took a toll. At about mile 22 I hit the wall, but I did keep running...sort of! Downtown at last, I was encouraged by calls of “GO KIT” from the wonderful spectators. The LA Marathon is the only one I've run that prints your name above your number on the bib. Included in the spectators were my wife, Margie, and daughter, Suzanne. I hit the finish line in a “chip” time of 3:57:50. My reaction? Blessed relief – plus the satisfaction of doing a sub 4-hour time, my prime goal!

Back at our hotel room, I nervously signed on to Margie's laptop. What would losangelesmarathon.com show? Darn!! Fourth place in M70-74 for Christopher Smith. Had I been beaten by a minute or two, that would have stirred “what if's”. But the No. 1 age group finisher was a 70 year-old who posted an amazing 3 hours and 13 minutes! I felt humbled. Back in Honolulu, jet

lagged and unable to sleep, I went Googling and found a website chat room that had comments on the 70 year-old's marathon time. “...is this guy legit?” “Not possible, as hot as it was” Next I looked for a photo of him at marathonfoto.com. None was available. There should be a variety of shots of each participant. Hmmm, I thought. I decided to check photos of finishers No. 2 and 3 in M70-74. What's this? Neither looked to be anywhere near 70. One is wearing a bandana and is fashionably unshaven. The other has an almost boyish face. Botx? Lipo?

Have these appearance-crazy Angelenos found a path to permanent youth? More than curious now, I called marathon headquarters. The happy outcome, three phone calls later, I was 1st in my age group. Yes!

The apparent winner had already been ousted. His timing chip hit only the finish mat and did not hit any split mats. Finisher No. 2 hit all the mats but clearly was not the registered runner. The registered runner had run LA Marathons 2005 and 2006 in times well over 6 hours. Why turn over his number? I don't know but the usual reason is that he couldn't run that day and didn't want to see his entry go to waste, not realizing how this would affect the age group outcome. Finisher No. 3 turned out to be 36 years old, in this case, a data entry error. At least no dishonesty

Any way, I'm a happy man. When anyone asks how long it took me to win my age group, I reply: “Three hours, 57 minutes – three weeks.”

Kit Smith, locally born and reared, took up long-distance running in his mid-40s. His 40 marathons include – besides Los Angeles – Honolulu, Boston, Chicago, New York, Philadelphia, San Diego (Rock 'n' Roll), Portland, Twin Cities and London. A longtime MPRRC member, he has been active with the Leukemia & Lymphoma Society's Team in Training program since 1997. He is a retired Honolulu Advertiser financial writer.



LANIKAI BIKEPATH 8K



Kane
Ng-Osorio
(left)

An
Exciting
start
to the
race
(right)



A
record
number
of 168

runners

finished this year's race. Dr. Joyce Cassen (Levey) has sponsored the Lanikai 8K for the past four years in memory of her son, Daniel Levey. Daniel was both runner and hiker who died in a hiking accident one day after finishing the Lanikai race in 2003 at age 19. At the race Dr. Cassen donates shirts, copies of the book, Daniel's Views (of Oahu, pictures taken by her son while hiking), and refreshments. She also completes the 8K.



Jeff Ling shows the direction
for the Lanikai Bike Path 8K.



Andy Baldwin surrounded by girls
L/R Melissa, Sabrina, Jessica, Linda
Kawana



Craig Knohl, David Eager, Ashley
Dustow



Helen Chisum and Joyce
Cassen, M.D.



Kristin Ali Keith, Kimberly Pugliese,
Melissa Kawana

Lanikai 8K Bike Path

Men

M10-14: Borys Pleskacz 32:23, Gary Fanelli Jr. 44:13, Webb Ross 45:11, **M15-19:** Nicholas Ogata 33:29, Christopher Larabee 34:42, Bryson Calkins 35:12, **M20-24:** Todd Iacovelli 26:31, Andrew Kamikawa 30:16, Kyle Murphy 33:44, **M25-29:** Andrew Taylor 28:17, Brian Harrington 29:27, Chris Springer 31:19, **M30-34:** Chris Larson 28:28, Greg Moselly 33:46, Eric Cameron 34:09, **M35-39:** Mike Taratko 33:54, Don Alkire 36:23, Keith Moon 37:27, **M40-44:** Mike Ferreira 30:27, David Carlsson 30:31, **M45-49:** David Eagar 29:37, Ash Dustow 29:52, Craig Khohl 32:50, **M50-54:** Mark Houghton 33:20, Frank Pugliese 33:32, Ron Heller 39:26, **M55-59:** Pat McCarthy 35:29, Mike Kasamoto 36:14, George Smith 43:26, **M60-64:** Rich Moeller 39:23, Mike Pietruszewsky 40:46, John Kaneshiro 41:49, **M65-69:** Russell Clough 47:59, Geoff Howard 48:40, **M70-74:** Kit Smith 43:32, Kim Jacobsen 50:20, **M75-79:** John Humphrey 1:05:57, Limu Furtado 1:20:32, **M80-84:** Bob Henninger 59:05, David Rarangol 1:21:50,

M85-89: Naoto Inada 1:18:12, Bill Beauchamp 2:24:35

Women:

F10-14: Kimberly Pugliese 33:03, Jessica Kawana 44:49, Carly Calkins 47:35, **F15-19:** Kristin Ali Keith 37:15, Dawn Lee 37:39, Melissa Kawana 38:01, **F20-24:** Emily King 32:47, Katie McLaran 36:58, Kristin Takahashi 42:38, **F25-29:** Julie Doheney 34:37, Dag Moselly 37:03, Danielle Fulmer 39:09, **F30-34 :** Jane Stevens 38:17, Asti Tomsic 40:29, Terri Kindness 45:37, **F35-39:** Sandra Ferreira 33:10, Alli Krug 43:06, Erica Crosby 43:20, **F40-45:** Stefy Matsumura 35:57, Masako Sagawa 36:19, Ruth Banchek 37:26, **F45-49:** Carole Higa 38:18, Susan Redpath 38:54, Miriam Ha 1:01:14, **F50-54:** Connie Comiso 38:24, Helen Chisum 1:09:19, Cynthia Tomita 1:09:44, **F55-59:** Halina Zaleski 49:04, Susan C Nekoba 1:09:45, Joyce Cassen MD 1:11:30, **F60-64:** Paula Jech 45:43, **F65-69:** Joy Schoenecker 57:47, **F75-79:** Ellen Humphrey 57:53

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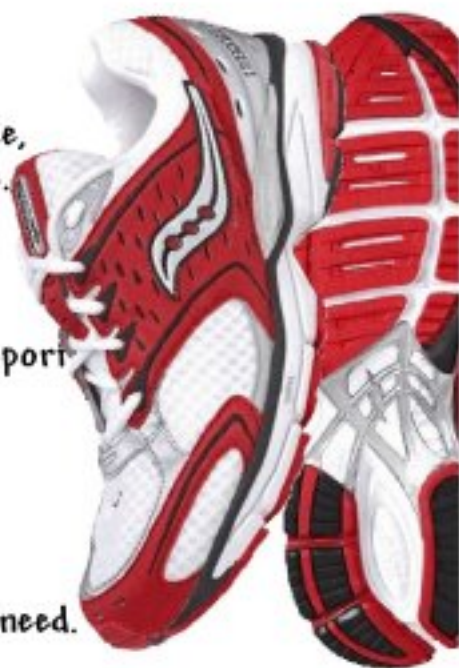
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REMEMBERING THE EARLY YEARS

By Col. Thomas Ferguson

For many years drivers and walkers in Kailua-Kaneohe frequently saw an aged little runner on their streets, unaware that they were looking at one of Hawaii's finest athletes, Norman K. Tamanaha. For many years Norman was a feared competitor in the fabled Boston Marathon. In the 1960s, when he no longer ran on the national scene, he just ran by himself for the pure joy of running. In those years a group of younger runners such as Jim Ferris, Ky Cole, John Powers, Ed Romany, Scott Hamilton, Johnny Faerber, Sam Bosetti, among others, got together and decided to form a running club to help organize interested roadrunners in joining Norman in more formal runs.

It was not long before an impressive number of other runners joined, largely members of the military, and those in the medical field interested in promoting good health through exercise. Foremost in this group was Chuck Greenley, an USAF Lt. Col. who was an ROTC instructor at the University of Hawaii, a young Navy Officer who would go on to world recognition in both track and road running, Jeff Galloway, the one and only Dr. Jack Scaff, and Dr. Hunky Chun with his fabled family of three boys and three girls who proved that youth was no barrier to excellence on the roads or high school track. Norman was no longer a lonely runner.

To help organize the races and provide proper recognition for running accomplishments, Mid-Pacific Road Runners Club was formed with Norman as its president. The initial running circuit was programmed in an informal way with short distances, such as one, two or three laps around Kapiolani Park. Then came a series of 5 milers such as Lanikai and Kailua Loops. Then runs from Kapiolani Park out to the ARCO station and back, and from the entry to the Hawaii Kai Executive Golf Course out to "downtown Waimanalo". It was during one of those races that Sam Bosetti achieved lasting fame. While leading a group of 50-60 runners along the highway, Sam was jumped upon by a group of local toughs who mistakenly thought he was an easy target. Sam took

them all on and gave them a thorough thrashing and quickly started running to lead the group of Mid-Pac runners to the finish line. From that day on the Hawaii Kai-Waimanalo race became known as the Bosetti Badlands run.

Other longer races included a "Honolulu Marathon" run in loops around the Waikiki area and a 25K from Wahiwa to Waipahu. None of these races were ever measured unless you count the using of an automobile odometer, where practical, or an "educated guess". But other than the purists (and there were a large number), it was "who cared". We ran and I came in ahead of you. The purists were fixed on accurate times over accurately measured courses. This dilemma was finally resolved in the 1970s with the impetus provided by Jack Scaff who demanded in his calmly reasoned style, that the first Honolulu Marathon (1973) be certified by the AAU and the national Road Runners organization. From that point on all Mid-Pac RRC courses were measured. But that is another story. (*Ed note: MPRRC will carry the story of road race measuring and certification in our next issue*).

Another runner and leader who had great influence in these early years was Scott Hamilton. The long relay races that were held in the 1970s were based on his experiences while a graduate student at Cambridge University in the 1950s (*Ed. note: for more on this era, go to our website www.mprrc.com and select "Newsletter" and "Summer 2002"*).

Mid-Pacific RRC has a long and illustrious history with a number of major accomplishments in the national road running scene – all directly traceable to our Norman K. Tamanaha and a small group of his disciples who wanted to organize a club to foster road running here in Hawaii.



Col. Tom Ferguson USA (ret.) and his wife, Doris, contributed greatly during the early years of MPRRC. Tom was the president of MPRRC in the years 1973 and 1974. The Road Runners Club of America recognized Doris in 1975 as the "Outstanding Volunteer for the RRCA" programs. Major changes were made during his presidency, foremost of these was the measurement and certification of our road races. He ran with the runners he mentions in his article. Col. Ferguson and Doris now live in Foster Village.

More Scenes!



Clockwise from upper left: JB Nation giving starting instructions for Lanikai 8K; the Lanikai 8K turn-around; Aaron Pierson back from Japan; running on Kailua Beach; post-race refreshments; Yang-Sun Carpenter running fast Sayuri Kusutani running fast; Jeff Ling and Miriam Ha



Mahalo to all volunteers!

Photos by Tesh Teshima

RUNNING THE LOOP by Bob Henninger

Bob Terukina

We recently learned that Bob Terukina suffered a stroke some months ago. Now 92 years of age, Bob has been our club's oldest active runner. He completed the Honolulu Marathon at age 90 - one of a very few to accomplish this in any marathon. Bob is now recovering at the Hale Nani Rehabilitation & Nursing Center, 1677 Pensacola Street, Honolulu 96822.

Finishing an Ironman Triathlon 23 Years Later!

Club member Don Eovino e-mailed us his account of his struggle to become an Ironman Triathlon **finisher**! It begins in 1984 when Don received a lottery slot to compete in that year's Kona Ironman, the only race like it in the world at that time... He had completed several marathons and was open to a bigger challenge. A bigger challenge is just what he got! After finishing the swim and bike portions, Don completely ran out of gas about 3 miles into the run. He was cooked and out of the race.

"Winners never quit and quitters never win," drummed through Don's head. It took him 23 years to live up to that statement, when, at age 60, he got his finisher's shirt in March of this year at a full Ironman Triathlon on New Zealand. His detailed account of this is well worth a visit to web address: <http://www.eovino.net/LINKS%209-22-05/Ironman/ironman.pdf>

The Windward 25K

The Windward 25K on Sunday, Sept. 23, will be the club's substitute event for the Schofield 25K of previous years. The course will start and finish at the Kailua Intermediate School, 145 South Kainalu Drive. The race starts at 5:30 a.m.

Also note the date changes for the Old Pali Road and Tantalus run shown on page 15.

Senior Olympics

The 2007 Summer National Senior Games were held at Louisville, Kentucky from June 22 to July 7, 2007. More than 12,000 seniors (50+ years) athletes competed. The State of Hawaii had thirty-three representatives, including MPRRC members Joan Davis, George Ishiki, and Jack Karbens in the M65-69 4x100 relay and by Brenda Andrieu in the

W65-69 long jump. Brenda, a member of Hawaii Masters Track Club from Ewa Beach, was outstanding, winning silver and bronze medals in other events in addition to her gold.

The National games are held every two years. The 2009 National Summer Games will be held in the San Francisco Bay area, August 1-15, 2009. To qualify, enter the Hawaii Senior Games this fall. MPRRC is supporting the 10K event of these games that will be held Sunday, November 18, 2007 at Kapiolani Park, 7am. It is a show-up, sign-up event. Pre-senior runners (those under 50) are also welcome to take part. Call Joan Davis at 955-0902 for more information.

Resignations

Carole Kleve and Chris Mewhort have resigned as Club Secretary and Club Treasurer, respectively. We want to thank them for the work they have done in the past. Chris is continuing to help us with the MPRRC Newsletter.

As of this writing, these positions have not been filled. If any of you are interested in learning what these jobs entail and how you might help, please contact Helen Chisum, (394-2202) or John Simonds (395-7154). Naturally, your help would be greatly appreciated.

Mahalo 5K honors Tesh Teshima

Over two hundred runners joined in a 5K run honoring Tesh Teshima for his long-time contributions to Hawaii's running community.

"I didn't want to do a memorial run, I wanted to celebrate him while he's still around to enjoy it" said Connie Comiso-Fanelli, the race organizer.

Debbie Morikawa, Director of Community Services, presented Tesh with an official Letter of Commendation signed by Mayor Hannemann at ceremonies following the race.

Sidewalk Repairs

The sidewalk repair number has been changed. The current number to call is 768-8280. MPRRC confirmed the number with a call. We were told they act on all calls and their biggest problem is getting the exact location of the needed repair. Use street addresses when possible.

Ho'omaluhia Botanical Garden

One of the great places on Oahu for a run is hidden from view as you drive on H-3 or through Kaneohe. Ho'omaluhia Botanical Garden is a 400-acre site filled with greenery and includes a 32-acre lake. Cars are not allowed in the Garden before 9 AM or after 4 PM, but individual runners are allowed to enter without hourly restrictions (Groups of 20 or more require a permit). Dogs are not allowed. There are restrooms throughout with drinking fountains. The 2.5 mile road that traverses the Garden is asphalt paved and the landscape is spectacular.

Running on a paved roadway without cars or dogs, with restrooms and beautiful scenery? It sounds too good to be true! You are right! The roadway is far from being level. Expect to be running either uphill or downhill. If that doesn't bother you, then the City & County of Honolulu's Ho'omaluhia Botanical Garden is for you. Park near the main entrance at end of Luluku Road and go in by the cattle gate. (Luluku Rd. runs from the Garden to Kamehameha Hwy across from the Windward City Shopping Center in Kaneohe). You may also enter at the other end of the Garden. Park on Kionaole Rd (the road that leads to the Koolau Golf Course and where we park for the MPRRC Old Pali Road Race), and enter through an opening in the fence by the transformer station.



Looking at Ho'omaluhia

Photo by Bob Henninger

Advertisement



Hi, Ray Woo here again.

Thanks to all of you who mentioned seeing my article in the last issue of Road Runner. For those of you who may not yet have visited us, I'm here again to tell you a bit more about our Aiea running store.

As I explained in the last issue, we are offering a ten percent discount on running shoes and apparel (not including accessories) bought by club members, so be sure to bring your membership card with you when you come out. If you haven't seen our shop yet, we'd love to have you take a look at our complete stock of running gear.

And I'd like to take a minute to give you another reason to come out and spend some time with us. As some of you know, we sponsor a Tuesday afternoon training run that starts at 5:30 pm and goes from our parking lot over to Ford Island and back. The route is 4 to 7 miles depending on how much distance you prefer, and you'll be running with 30-40 other folks with paces ranging from slow to fast.

We finish the run back at the shop where we have coffee and pastries available and everyone has a chance to talk story and check out the shop after they end their run. It's a fun way to finish the day and get in some mid-week training with a nice group of regular runners like yourself.

We've got plenty of free parking in front and on the side of our shop, and if you haven't been out here to see our place yet, you can also take a look around and check out our wide range of running gear.

I'm most always here, so be sure and say hello or introduce yourself if we haven't met. I look forward to seeing you in Aiea, and call first if you need directions.

Ray Woo
Owner and Manager
Runners HI
98-390A Kamehameha Hwy.
Phone: 488-6588

KAILUA BEACH 8K

68 runners finished our only race actually run on the sand. They braved winds and a fairly high tide.. The race welcomed back Aaron Pierson, a top marathon runner. who we will see in future Hawaii races. After the race there was a club meeting and potluck luncheon. Changes of race dates were announced.



Doug Tonokawa

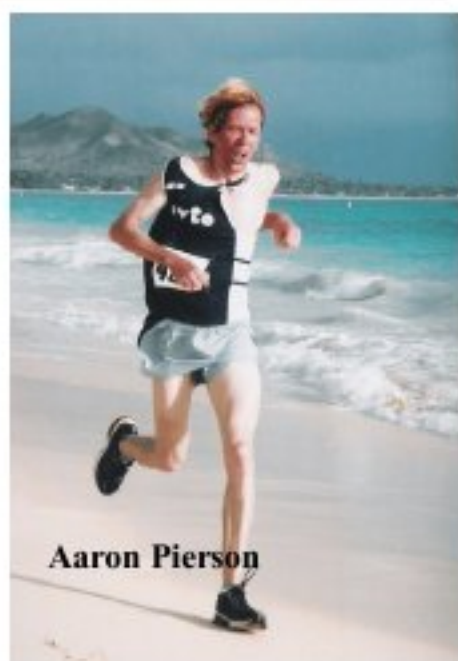


**John Simonds
starting the
Kailua Beach
Run!**



Jennifer Dismukes

Wayne Oshiro
and
Limu Furtado
rush to the
finish line!



Aaron Pierson



Eve Baker



Kieran Cornely

Mahalo to our volunteers!

Kailua Beach Run (4 ½ Miles)

07/22/07

Men

M10-14: Gary Fanelli Jr. 42:01, **M15-19:** Jeff Mitchell 34:08, **M20-24:** Matthew Chamberlain 30:48, Erik Le 32:08, Timm Gaertner 34:08, **M25-29:** Gaston Ly 33:40, Tony Lieder 51:11, Kieran Cornely 53:20, **M30-34:** Richard Gallagher 46:22, Charlie Bowman 1:04:57, **M35-39:** Mike Taratko 36:00, Don Alkire 36:45, Harlan Klein 39:38, **M40-44:** Aaron Pierson 30:58, David Carlsson 31:49, Scot K Muraoka 32:16, **M45-49:** Craig Knohl 32:41, Doug Tonokawa 35:44, Lynn Fielitz 36:36, **M50-54:** Ron Heller 38:42, Glenn Rediger 41:58, Iwasa Kenji 50:02, **M55-59:** J.B. Nation 40:27, Lyle Freeman 50:44, **M60-64:** Bob Duffy 49:02, Wayne Oshiro 1:27:22, **M70-74:** Bill Cunningham 48:18, Kim Jacobsen 54:11, John Simonds 1:00:01, **M75-79:** Limu Furtado 1:25:07,

M80-84: David Rarangol 1:18:34, **M85-99:** Naoto Inada 1:10:35, Bill Beauchamp 2:37:07

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Norman Tamanaha Memorial 15K Race

Sunday, August 19, 2007



The sun was just rising when about 900 runners crowded the start line at Kapiolani Park. Whether age 8 or 87, all were ready to start the race that opens the MPRRC Marathon Readiness Series.

14 & Under Winners
L/R Borys Pleskacz, Cody Spraker,
Keiki Kato



Scotty Anderson
Terri Kindness
Tom Craven
(left)

Michael
Sullivan



Borys Pleskacz



Alice Lachman, Paula Jech, and Trudy Sniffen



Pete Boksanski

Mahalo to our volunteers!

Photos by Tesh Teshima

Tamanaha Memorial 15K Run

Men M10-14: Borys Pleskacz 1:03:59, Cody Spraker 1:27:08, Keiki Kato 1:52:07, **M15-19:** Stewart Mallory 1:15:26, Nathan Worden 1:31:14, Jeff Spraker 1:40:20, **M20-24:** Todd Iacovelli 51:42, Andrew Kamikawa 58:46, Erik-Phuong Le 1:01:53, **M25-29:** Jimmy Davis 54:31, Andrew Taylor 57:47, Christian Binoche 58:29, **M30-34:** Jeffrey Tomaszewski 54:50, Chris Larson 55:37, Jason Florimonte 1:00:49, **M35-39:** David Stackhouse 59:34, Eric Gilman 1:01:42, Peter Hursty 1:02:30, **M40-44:** Jonathan Lyau 53:38, David Carlsson 57:59, Mike Ferreira 58:42, **M45-49:** Jay Kauwale 1:00:46, Craig Knohl 1:01:35, Michael Walker 1:03:32, **M50-54:** Basil Scott 1:00:29, Nicholas Kaiser 1:02:03, Mike Krpan 1:03:20, **M55-59:** Michael Georgi 1:02:30, Edward Bugarin 1:07:11, Mike K Kasamoto 1:09:14, **M60-64:** Kozo Yamagishi 1:12:44, Frederick Mark 1:13:12, John Ishikawa 1:14:07, **M65-69:** Robert Yee 1:18:28, Michael Richardson 1:20:58, Larry T Taaca 1:22:15, **M70-74:** Kit Smith 1:23:24, Bart Mathias 1:41:00, Harry Siegmund 1:43:35, **M75-79:** Thomas L Limm 2:03:36, **M80-84:** Etsuo Tonokawa 1:45:49, Bob Henninger 1:57:17, John Humphrey 2:02:36, **M85-99:** Jack Gubbins 2:08:21, Naoto Inada 2:41:19

Women F15-19: Ashley E White 1:52:42, Rebecca L Feorge 2:01:30, **F20-24:** Ashley Lofton 1:17:07, Mallory Moye 1:18:16, Kristin Takahashi 1:19:43, **F25-29:** Julie Doheney 1:07:16, Amy Bennett 1:10:47, Patricia Anne St. Germain 1:13:35, **F30-34:** Rachel Ross 1:02:06, Mina Casey-Pang 1:08:26, Kathy D. Tieu 1:12:21, **F35-39:** Sandra Ferreira 1:05:16, Tricia Baak 1:12:04, Buffy Whiteman 1:12:20, **F40-44:** Yang Sun Carpenter 1:02:27, Masako Sagawa 1:07:21, Kelli Lyau 1:08:27, **F45-49:** Sayuri Kusutani 58:58, Kelly Noonan 1:10:56, Carole Ann Higa 1:11:43, **F50-54:** Connie Comiso 1:14:09, Shelly K. Cooper 1:15:25, Lorie Young 1:16:45, **F55-59:** Laurie Sloan 1:20:48, Sue Young 1:23:45, Judith Inazu 1:23:47, **F60-64:** Trudy Sniffen 1:23:57, Paula Jech 1:24:24, Alice Lachman 2:22:44, **F65-69:** Christa Obara 1:32:54, Char Izuka 1:50:42, Charito Schlagheck 2:32:33, **F75-79:** Ellen Humphrey 1:56:03, **F80-84:** Marie Boles 2:18:11

"Sight"- Seeing



If you run on Hillside Avenue in Manoa Valley you may notice two sets of stone steps that are part of a walk-way that extends from Terrace Drive to Hillside Ave. and then from Hillside Ave. to Oahu Avenue for no apparent reason. Why here? The steps you see are the vestiges of the Manoa Golf Course located there a century ago. Though the golf course was disbanded in September of 1908, moving to the newly formed Oahu Country Club, the championship tourney remained the "Manoa Cup", and is the 4th oldest continuous tournament in the nation! Only the U.S. Open, the U.S. Amateur, and the Western Open are older. *Story and photo contributed by Bob Henninger*

If you would like to share an unusual sight that you have seen, please send picture and text to MPRRC Newsletter (e-mail/postal addresses on the back page).

Upcoming MPRRC Races

Sun, Sep 02	6am	Kalaeha 20K
Sun, Sep 16	7am	Old Pali 4.4 Mile Run
Sun, Sep 23	5:30am	Windward 25K
Sun, Oct 07	5am	Niketown 30K
Sun, Oct 28	6:30am	Tantalus 10 Miler
Sun, Nov 04	5:30am	Val Nolasco ½ Marathon
Sun, Dec 02	7am	SAM's 5K

MPRRC VOICEMAIL 295-MPRR (295-6777)
The Mid-Pacific Road Runners Roster of Club Officers

President:	Helen Chisum	392-2202	Newsletter:	Bob Henninger	422-0732
				Lyle Nelson	941-1988
President Emeritus:	Bob Doleman			Kim Jacobsen	737-8747
Past President:	John Simonds	373-3609	Send Newsletter pictures and/or submittals to:		
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(Race Operations)			(street) 4334 Hakupapa St. Honolulu, HI 96818		
2 nd Vice President:	Bart Mathias	732-3061	Computerized		
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4 th Vice President:	Joan Davis	955-0902	USA Track &		
(Volunteer Coordinator)			Field liaison:	Dick Sutton	422-4694
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