



# The Mid-Pacific Road Runner



Post Office Box 2571 • Honolulu, Hawaii 96803 • [www.mprrc.com](http://www.mprrc.com) • Summer 2007 Published Quarterly

## Outstanding Male and Female Runners of 2006



Connie Comiso-Fanelli

Craig Knohl

## Pearl Harbor Bike Path 10K 2007 Winners

Andrew Taylor 35:52



Georgina Pulman-Olzaski 45:53



## THE PRESIDENTS' FORUM

**By Helen Chisum**  
MPRRC President



Aloha Fellow Runners,

On behalf of the Executive Board, I'd like to thank you for your vote of confidence. We will do our best to keep our club running efficiently. The Board has some innovative ideas, which you'll be hearing about in the coming months. We know that many of you have suggestions on how to improve our club and we encourage you to share your thoughts with us.

One of our goals is to create a safer running environment for all participants. During the Johnny Faerber 10k, one of our runners was clipped by a vehicle's mirror. Fortunately he was not seriously injured. The club will soon require runners to wear approved reflective gear at all races.

Our next quarterly meeting will be held on Sunday, July 22<sup>nd</sup> after the Kailua Beach Run. Please bring a potluck dish to share; the club will provide beverages.

This newsletter is the first edition produced by the team of Bob Henninger, Kim Jacobson and Lyle Nelson. We are grateful to them for volunteering to keep us updated on club news. Finally, we ask all of you to contribute to our club in some way during the coming year. Whether it's volunteering at packet pickup, registration, finish line, equipment setup, or social event, the participation of our members is key to the success of our club. Please contact Joan Davis at 955-0902 when you're available to help.

### Upcoming MPRRC Races

Sat, Jun 16	7am	Aloha State Games 10K
Sun, Jul 15	7am	Lanikai 8K
Sun, Jul 22	7am	Kailua Beach 8K
Sun, Aug 19	7am	Norman Tamanaha 15K
Sun, Sep 2	6am	Kalaeloia 20K
Sun, Sep 16	7am	Old Pali Road 4.4 M
Sun, Sep 23	5:30am	25K (Site TBA)

**By John Simonds**  
Immediate MPRRC Past President

Congratulations to President Helen Chisum and other 2007 club officers, and many thanks to club members for getting another busy season off and running with the club's first four races of this year.

Mahalo to all in the club and others who helped make 2006 a memorable year, including the "Earthquake Sunday" Niketown 30K race of Oct. 15, run in a heavy downpour by hundreds, many of us unaware of the quake and resulting power shutdowns until crossing the finish line.

The club again was fortunate to have the support of dependable volunteers throughout its schedule of nearly 20 events last year. Our thanks to all who assisted, whether on the big tasks of hauling equipment to and from the race sites, or specific jobs, such as packet pick-up at running stores, race-day sign up, handing out water, icing drinks, cutting oranges, pointing the way at turns along the course and cleaning up afterwards.

Determination and training paid off for many participants in the annual marathon readiness series at the annual January awards dinner at McCoy Pavilion, a happy and motivating family occasion for the past 10 years.

We invite all who took part in that event and other club activities of the past 12 months to join in efforts to make 2007 a happy 45th anniversary year for the club.

This immediate past president expresses personal gratitude for the leadership, cooperation and patience of those who helped, last year and in previous terms, to provide good and safe running experiences for all on Oahu's busy roads.

Aloha, John Simonds





## MEET OUR OFFICERS By Lyle Nelson



**HELEN CHISUM**, president, was born in Oakland, California.. She works in the Honolulu City Clerks Office. Helen came to Hawaii as an infant. Despite this early exit, she remains an Oakland Raiders fan. Helen ran only short distances when at Mid-Pacific Institute but found fun in varsity bowling. Her hero is Naoto Inada. She saw him whiz by in the 1997 Great Aloha and was inspired. She has now done four marathons. Helen finds jogging an excellent stress remover. She trains in the Mililani area.



**PAULA CARROLL**, president elect, though born in Little Rock, Arkansas, grew up in northern Pennsylvania. Working on environmental matters, Paula spent 28 years in the Coast Guard which moved her from Miami to Seattle, and in between. She came to Hawaii in 1968, left, returned in 1999. Paula did no running until coming here to stay. She prefers shorter distances but has logged three marathons. Living downtown, she often jogs along the waterfront. She is currently shaking off a broken leg.



**BART MATHIAS**, vice-president-administration, was born in Berkeley California. And is a Cal Berkeley grad. He came to Hawaii in 1975 from Bloomington, Indiana, where he was on the Indiana University faculty. At UH Manoa, Bart teaches Japanese. He is a club veteran, is our statistician, as well as handling our club website. Bart likes to hike and was a biker before taking up running. He started running for health reasons and trains mostly in Kahala. He has run many marathons, and ran the sun once, that Haleakala backbreaker. Bart likes to watch both UH volleyball teams.



**CHRIS MEWHORT**, treasurer, is our budget guru, and makes his living as an accountant. He came to Hawaii in the early 1990s by way of Saskatchewan, Canada, where he was born, three years in Ontario, Canada, and Champaign, Illinois. When it comes to marathoning, Chris is an early bird, joining the likes of Naoto and Bill in the pre-dawn patrol.



**CAROLE CLEVE**, secretary, was born in Seattle, Washington. She came to Hawaii in 1967 by way of Los Angeles. Carole attended the marathon clinic in 1984, got hooked, finds runners are "good" people. She prefers a slow pace, trains all over, from downtown to Diamond Head. Carole is serious, schooled by Clarke, Lindgren, and Pate. She's secretary at the UH psychiatry department and follows Warrior football. In her other life she was adept at skiing and ice skating



**BETH BLACKBURN**, vice-president - public affairs, was born in Indianapolis, called Kokomo, Indiana, home, and took up running because she wanted that Great Aloha T-shirt. A researcher at Queen's Hospital, she has put 17 marathons into her resume and liked the two in Los Angeles because of its large unique banners every mile strung overhead across the streets. Beth now runs only once or twice a week, usually in Mililani, because she is busy with her four year old daughter, Logan.



**JOAN DAVIS**, vice-president - volunteers, is the volunteer among volunteers. She was born in Rochester, New York. She first came to Hawaii temporarily when her father landed in a repair ship at Pearl Harbor during WWII. She returned to stay in 1968 and worked in aviation and travel. A veteran at the pre-dawn set-up work necessary to get any event on the road, she is usually on the road also, as a race walker. Joan always needs helpers and is most often seen among the cones and other race gear at the finish line.





Hi, I'm Ray Woo and I've been a member of MPRR for 20 years. As a regular runner, I've met many of you at races and other club events, and I hope to be meeting more of you as time goes by.

Besides running for pleasure, my business happens to be running. I'm the owner of Runner's HI - a store totally devoted to the sport of running - out in Aiea.

Since I opened the shop in 2003, a lot of MPRRC members have been out to visit my location, and they keep coming back, so I guess we're doing our job of providing one of the most complete selections of running related products on the Island. Many of you come a long way to shop with us and we appreciate that.

To encourage your patronage, I've agreed to do a column like this in each of the issues of the newsletter since I'd like to encourage those of you who haven't seen our store and our complete stock of running gear to come out and see our operation.

We think we provide the best and most complete service and selection in town, but to make it even more attractive, we are now offering a ten percent discount on running shoes and apparel (not including accessories) bought by club members.

Just show your Mid-Pacific ID card to the cashier and join the dozens of your fellow club members who regularly come in to get their running gear from us - everything from shoes and shorts to such special items as a small gadget that fits on your wrist and measure your distance, your speed and your pace.

And the next time you see me at a race, stop and introduce yourself.

Ray Woo

Owner and Manager  
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Sandra Burgess



Bill Burgess



Bill Cunningham



Ron Pate

Photos by Tesh Teshima



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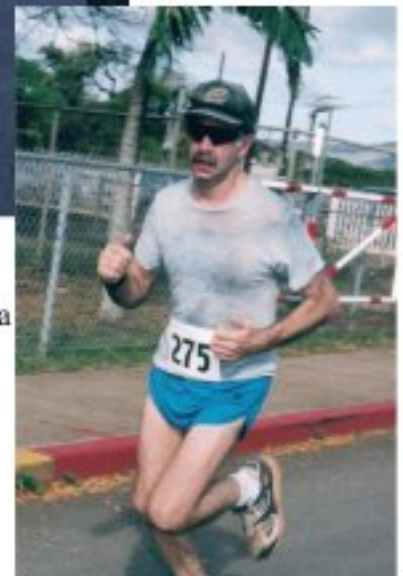
From left: Mark Correia, Limu Furtado, Phyllis Kadota, Dennis Uyehara, Alverto Rivas, Wayne Oshiro.



Dennis Uyehara



Mike Pietrusewsky



Mike Correia

*Photos by Tesh Teshima*

## Running Marathons in 50 States

One of our Mid-Pacific Road Runners Club members, Ken Best, has run marathons in each of our 50 states. Ken started running during the first running boom in the late 1970's when he was in his 30's and on the Mainland. His first marathon didn't take place until 1993 when he ran the Honolulu Marathon at age 50. Then he caught the marathon bug and since then, has run more than 120 marathons with over 100 on the Mainland and in Canada. Following are some of his observations and experiences in running a marathon in each state:

- The first 10 marathons were the most difficult as the body mentally and physically had to adjust to running this distance. In 1996, I started running 10 to 12 marathons per year and continued at that rate for the next 10 years. Initially, there was no thought of running 50 states but once I ran a number of marathons and saw 50 state club members, I decided to work toward this goal. Fortunately, my body held together thanks to decent running biomechanics and treating most marathons as "training" runs.
- One challenge was learning to run marathons over all sorts of terrain and in all types of weather. The toughest courses were the Volcano Wilderness (mostly lava rock), Delaware Trail (mud and stream fording) and Wyoming (dirt roads at 7000'-8000' elevation). The most scenic were Big Sur, CA (incredible on a clear day), Crater Lake, OR (unique and spectacular), Avenue of the Giants, CA (through the redwoods), Death Valley Trail (stark beauty), and Maui (ocean and whales). The warmest was Kona where having ice on the head under a cap was essential to survive and finish. The coldest were Charlotte, NC, Columbus, OH, and Washington's Birthday, MD, run in below freezing temperatures with partly frozen water at the aid stations.
- The large well-known marathons are a "must" and each has its own aura. Boston is tops in running history and tradition -- and nothing



compares to its 26 miles of crowd noise, especially the Wellesley "gauntlet". New York City and Chicago also have a lot of bragging rights and the races have tremendous participant electricity and crowd enthusiasm. The 1994 Marine Corps in Washington, DC holds special memories as ran it in terrible weather and passed Oprah Winfrey and her bodyguards in Potomac Park near the end. Both Philadelphia and Richmond, VA are great city marathons filled with our nation's history. Portland, Los Angeles, and San Francisco on the west coast are special, and running across the Golden Gate Bridge in the morning fog is indescribable. And nothing compares to running through the theme parks at Disney World.



- The small-to-medium “unsung” marathons are particularly enjoyable -- more personal and full of surprises (mostly good). These marathons represent the majority of all runs and some favorites include: Yonkers, NY (2<sup>nd</sup> oldest after Boston), Heart of America, MO (oldest in the Midwest), St. George, UT (isolated and scenic), Deseret News, UT (rugged, hot and commemorates the Mormon’s arrival in Salt Lake), Mardi Gras (New Orleans tour), Seattle (scenic city and Lake Washington tour), Houston (excellent city tour), Tongass, AK (rugged and pristine beauty), 4H Old Mulkey Classic, KY (rural and road signs honoring every participant), Napa Valley (beautiful vineyard country), and Silver State, NV (desolate high desert). The most poignant marathon was the 2001 inaugural Oklahoma City Memorial (start and finish by the blast area and memorial) honoring the victims of the 1995 bombing of the federal building.
- The marathons with the perceived “fastest courses” are Chicago (flat and protected but crowded), Grandma’s (outstanding point-to-point), California International (Sacramento December weather and downhill), Austin, TX

(mostly flat and straight), and St. George, UT (high altitude with steep downhill during 2nd half).

- My favorite marathon is Grandma’s (Duluth, MN) – have run more times than any other (except Honolulu) and also used as a Boston qualifier. The course is superb point-to-point along cold Lake Superior providing air-conditioning in mid-June. Grandma’s has a participant limit of 9500 and is Duluth’s largest annual event with wonderful community support. The publication Marathon and Beyond has rated over 60 marathons during the past 10 years (but not Boston, Chicago, and New York City) and Grandma’s has received the highest point total – 968 out of a possible 1000. The next highest rated marathons are Houston, Portland, OR, and Big Sur, CA.

We hope Ken’s observations and experiences will encourage club members to run more marathons in our 50 states, and a good starting point is the [www.marathonguide.com](http://www.marathonguide.com) website. So explore and have fun!

## “SMILE”

When Tesh Teshima takes your picture! Though gentle mannered and always pleasant, look what he did when called upon to tame this ferocious tiger in Bangkok, Thailand recently! Our unnamed source did say, however, that Tesh had some trouble getting on and off the elephant in the background.



*Tesh Teshima did not take this photo*



One of the most unusual sights I have seen while running on Oahu is this communications "tree". Its 16 faceted concrete trunk is painted brown and its artificial limbs are complete with greenery. Difficult to see are 4 whip antennas placed around the treetop. The necessary cables enter the hollow trunk from a pull-box at the base. It borders a golf course and is alongside a road which intersects one of our annual road race routes. Have you or can you find it?

*Bob Henninger*

If you would like to share an unusual sight, please take a picture and send it to: MPRRC Newsletter, 4334 Hakupapa St., Honolulu, HI 96818

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## MARY KEMPSHALL

8-15-1946 3-18-2007



Mary died quietly on March 18, 2007 with her family at her bedside. We all miss her very much and will for a long time.

Mary loved sports and followed the Warriors football and Rainbow baseball teams. She got her husband, Mac, to do the 1992 Great Aloha Run and then the 1992 Honolulu Marathon. They did 13 more after that, missing only 2003 because they had moved and did not train for it.

Mary loved challenges in work and play and was an outstanding asset to St. Francis Hospice for years. We all lost when Mary left us. She would really laugh if we wore "crazy socks" in our races (ala Geoff Howard).

Mary's membership in MPRRC has been picked up by her niece, Sara Staniewicz, a strong swimmer, and runner-in-training.

"...and the time of our departure is at hand. I have competed well; I have finished the race; I have kept the faith."

*By Mac Kempshall*



Dennis Tanigawa

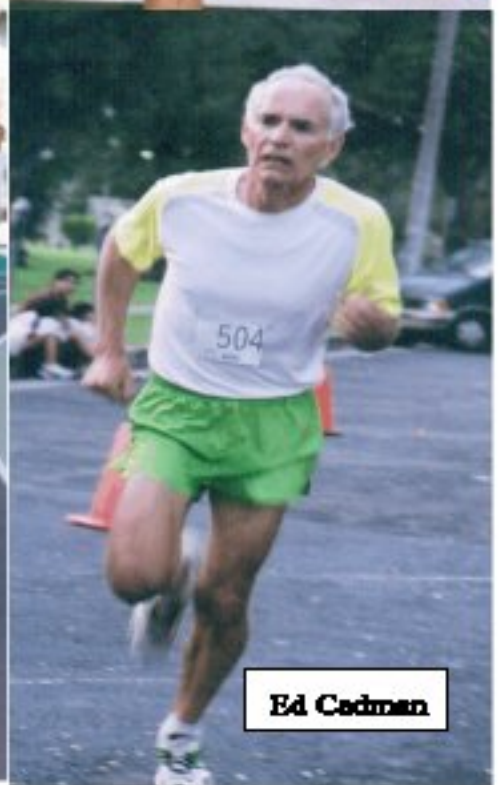


Marie Bolcs

Walter Hitchcock  
Barbara Zamparelli



Kim Jacobsen



Ed Cedman



## MEET OUR MEMBERS by Lyle Nelson



**FRANK PUGLIESE** came to Hawaii in 1971. A military keiki, his first run was 600 meters in Germany as an 8<sup>th</sup> grader. High school was outside Ft. Lewis, WA. He finished Chaminade in 1975. He entered the Honolulu Police Department the next year where he is now a patrol lieutenant in Kapolei. Frank ran the 1978 Honolulu Marathon. He has since run more than 100 marathons. His wife, Kasumi, is warming up for her first marathon while daughter, Kimberly aged 14 is already an accomplished runner. She was 5<sup>th</sup> overall out of over 1200 finishers in this years Straub 10K.



**CAROLINE BEACH-OJERIO** was born in Kailua-Kona where she attended Konawaena High School. She came to Oahu in 1976 and now lives in Pearl City. She says that her whole idea in starting running 13 years ago, was to lose weight. She has now completed six marathons Caroline works as a laboratory technician in cancer research. She has always had an interest in Johnny Faerber's Wahine Flyers.



**JOHN BURNS** was originally from Birmingham and Atlanta in Dixie. He came to Hawaii 10 years ago. He is no relation to Hawaii's former governor. John was a yeoman in the Navy - "the man who did administrative paperwork in the old days" He served in the Persian Gulf before coming to Hawaii. He is now out of the Navy and faces possible knee surgery. In 10 years of running, he has done 14 marathons including the Maui and Volcano Marathons.



**BRIAN CLARKE** was born in Honolulu. He has prepared distance runners as an instructor since 1979. His marathon clinics start in August. Teaching has left little time for running himself but he enjoys running races occasionally and the Volcano Marathon is his favorite marathon. Brian was an excellent runner in his school days. His 1:57 in the 880 and 4:28 in the mile while at St. Louis High he believes are still school marks today. Later, at the University of Oregon, he logged a 4:06 mile.



**BILL BEAUCHAMP** was born in Brooklyn. He graduated from Brown University as an engineer. In WWII he enlisted in the Army Engineers and worked on the building of B29 airfields in India. Bill came to Hawaii in 1972 as a power systems engineer for a firm which also included work in Vietnam. Bill is one of a relatively few marathoners who have run marathons on all seven continents and that means the South Pole. His first marathon was the Honolulu Marathon of 1980. He has run a total of 30. Bill has served in the past as Treasurer and also President of MPRRC.



**BOB DUFFY** was born in Brooklyn. And ran for Brooklyn technical high School. He retired from the US Marine Corps in 1989. During his Marine Corps days he served in Da Nang, the Philippines, Taiwan, and others. His K-Bay days led to 18 years in Kailua. After retiring, Bob received a degree in psychology from West Oahu College and married a Pearl City girl, Marilee. He has done counseling for the DOE and officiates high school football and basketball, even state championships. Bob started running here in 1982. He likes the social side of the running experience, losing weight, and competition. Bob and Marilee live at Ko Olina.



## MEET OUR MEMBERS by Lyle Nelson



**ELLEN and JOHN HUMPHREY** have been together since they were seniors at Grossmont HS near San Diego, CA. John became an US Navy pilot and Ellen became a nurse. John's career spanned three wars and he has flown off of 10 different aircraft carriers. Ellen and John came to Hawaii in 1969. They used to run the Pearl Harbor bike path with the Hunky Bunch. The first race they entered was the 1975 Pepsi 10K. Ellen and John have each won many age division awards including the Great Aloha Run and the Honolulu Marathon.



**GEOFFREY HOWARD** hardly needs an introduction. He is a past president and has been instrumental in MPRRC operations for years. But did you know that he was once nuts about cricket and soccer? Geoff is from Harrow, England, 12 miles north of London. The British Army sent him to Germany in 1955-57. He reached Honolulu in 1964 and worked for Thom McCann shoes. Geoff has run every Honolulu Marathon since 1975.

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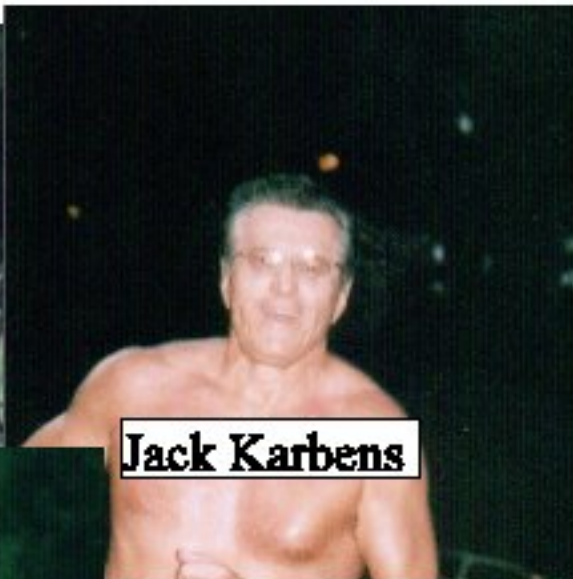
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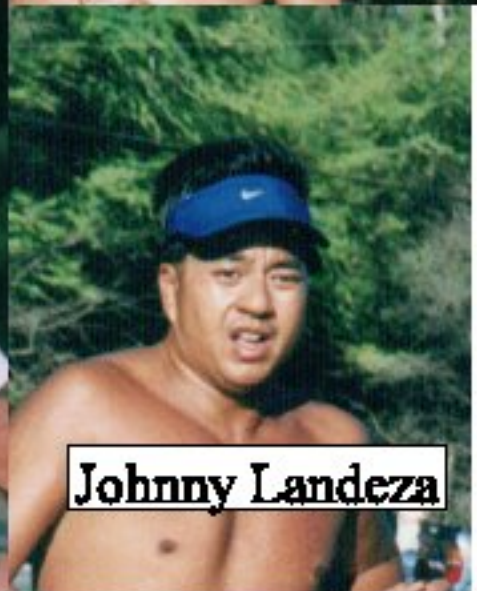
**Linda Kawana**



**Limu Furtado**



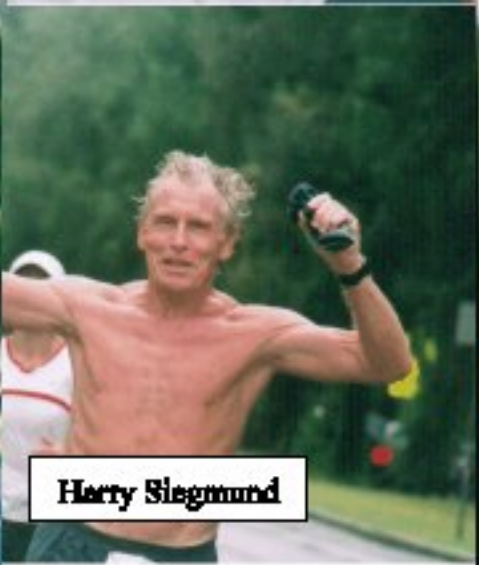
**Johnny Landeza**



**Stephanie McLaughlin**



**Harry Sigmund**



**Michael Georgi**





## RUNNING THE LOOP BY Bob Henninger

### MPRRC Annual Meeting

The annual election of officers was held at the membership meeting at McCoy Pavilion, February 9 2007. The officers elected were Helen Chisum, president, Paula Carroll, president-elect, 2<sup>nd</sup> vice-president-administration, Bart Mathias, 3<sup>rd</sup> vice-president-public affairs, Beth Blackburn, 4<sup>th</sup> vice-president- volunteers, Joan Davis, Treasurer, Chris Mewhort, and Secretary, Carole Kleve (See Meet Our Officers on page 3).

The 2006 MPRRC Outstanding Runner awards were given out at the meeting. The top winners were: Connie Comiso-Fanelli, F50-54, and Craig Knohl, M45-49 (see picture on front cover). Other age division winners were Carole Higa, F40-44, Beth Blackburn, F45-49, Maude Omai, F55-59, Joy Schoenecker, F65-69, Ellen Humphrey, F75-79, Andrew Taylor, M25-29, Jeff Fong, M30-34, Mel Ratto, M35-39, David Carlsson, M40-45, Robert Donle, M50-54, Dennis Uyehara, M55-59, Ken Best, M60-64, Geoffrey Howard, M65-69, Kit Smith M70-74, John Humphrey, M75-79, Bob Henninger, M80-84, and Naoto Inada, M85-89.. All club members are eligible for the Outstanding Runner awards but you must run at least five races from a selected list of MPRRC races during the year. See [www.mprrc.com](http://www.mprrc.com) for all details.

### Future of Schofield MPRRC races dim

Authority for deciding who can use the Schofield recently shifted from the Director of Community Activities to MWR. An April 4 letter from Gordon M. Takashita, director of MWR, informed MPRRC that use of the base for our races has been denied. He refers to two regulations his office is following in turning us down and on advice from the Judge Advocate.

The immediate effect of this was the cancellation of two races scheduled there, the 10 miler on May 27 and the 25 K on September 23.

Plans are underway to have our 25K on September

23 at a different venue but there was not enough time to replace the 10 mile race.

### Newsletter now a team effort

Beginning with this issue, *The Mid-Pacific Road Runner* has become a team effort. We intend to put out a 16 page newsletter quarterly covering a variety of subjects of interest to runners.

**Meet our Members**, written by retired Star-Bulletin reporter, Lyle Nelson, will be a regular feature.

Former *Hawaii Business Magazine* publisher, Kim Jacobsen, is setting up a limited advertising program to help defray costs of publishing and mailing the newsletters. **Running the Loop**, written by editor, Bob Henninger, will include various happenings such as the item in this issue regarding Schofield. Club Treasurer, Chris Mewhort, will take care of putting the text and pictures into the finished form.

Club Secretary, Paula Carroll, makes the address labels, and Ellen and John Humphrey label and mail the issues. Club Vice-President, Bart Mathias, will put each issue on our website ([www.mprrc.com](http://www.mprrc.com)). And, of course, Tesh Teshima continues to supply us with great pictures!

We hope you will be part of the team.. Share with us your comments, your favorite runs, your unusual experiences, or whatever you feel would interest to us as runners.

The newsletter will be mailed to all members (one per family). Since it will be on the web, if you prefer to receive in that form only, please let us know. We will remove you from the mailing list.

Our newsletter address is : **MPRRC Newsletter, 4334 Hakupapa Street, Honolulu, HI 96818-1808 or e-mail: [Rshennin01@cs.com](mailto:Rshennin01@cs.com)**

### Kit Smith wins at LA

MPRRC member, Kit Smith won his age division (70-74 yr.) at the recent 2007 Los Angeles Marathon, The 72 year old veteran runner turned in a great 3:37:50 time to beat the field.. Congratulations, Kit!

2007 Pearl Harbor Bike Path 10K



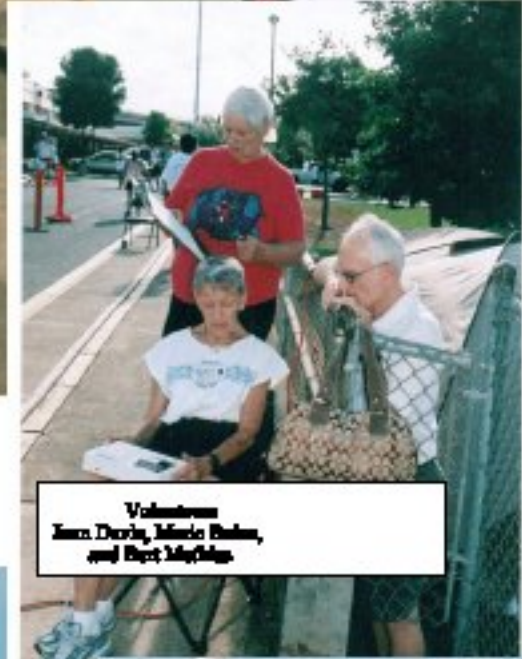
**David Carlson**



**Kaimah Fiel**



**Kit Smith**



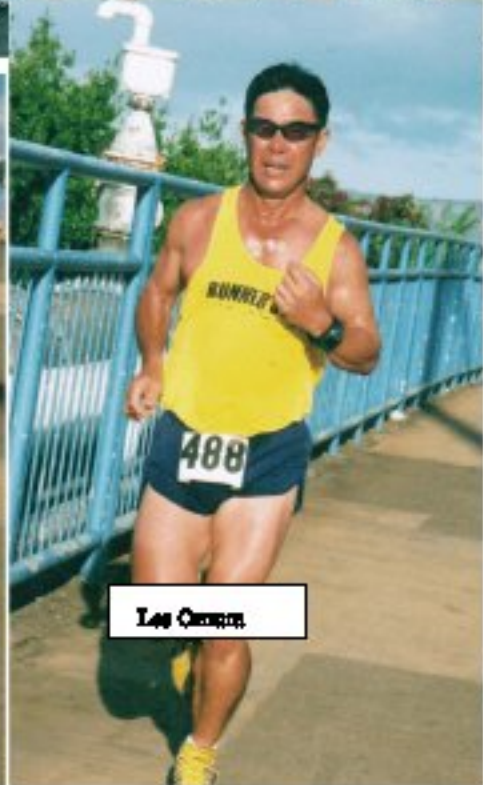
**Volunteers  
Karen Davis, Marie Fisher,  
and Bert Mayhew**



**Stephanie Chavira & Dawn Johnson**



**Judith Inzana**



**Lee Cannon**



**Stam Ivo**



# 15152007 PEARL HARBOR BIKE PATH 10K

Sunday, May 13, 2007

On a warm and sunny Mother's Day morning, 88 runners bounded up Lehua Avenue in Pearl City to begin the PH Bike Path 10K. The 10K used to start and finish at Lehua Elementary School but after part of the race in PH Naval Base was closed off, a segment of Lehua Avenue was added. The remainder of the race follows the bike path and finishes at Lehua School as before.

Much of the bike path replaced the old Oahu Railway route. Long-time bike path runner, John Humphrey, recalls seeing spikes from the railway along side the path. New this year are inserts on the path indicating distances from the "Honolulu Depot" (see picture below). Also much of the brush has been cleared allowing many clear views of Pearl Harbor. The overall Pearl Harbor Bike Path 10K winners were:

**Georgina Pulman Izaski** F 45:53  
**Andrew Taylor** M 35:52

**Mahalo** to members who were race volunteers! Joan Davis, Bob Duffy, Cydni Medeiros and her sister, Karen Loomis, John Burns, Geronimo Gomez, Marie Boles, Frank Wallace, Paula Carroll, and our race timer, Bart Mathias. **We couldn't put on these races without your help.**



## Men

**M10-14** Tyler Yafuso 51:54, Austin Hirstein 57:15  
**M25-29**, Andrew Taylor 35:52, Jonah Reyes 42:46, Scott Askew 50:39, Quan Lu 50:41, Jerome Tabar 57:27, Christopher Van Stroup 1:02:55 **M30-34** Kane Ng-Osorio 44:42, David Stansbury 48:58, Jason Landgraf 52:54, Rob Lahoe 52:58 **M35-39** Wade Tandberg 40:21, Kainalu Piel 40:33, Red Okamura 41:51, Thomas Olausson 42:59, Kevin Konken 49:55, Maurice Nowell 1:01:22, Chris Kemp 1:06:35 **M40-44** David Carlsson 39:02, Scot Muraoka 40:15, Johnny Landeza 41:52, Lou Tomsic 42:14, Erwin Taboada 56:01 **M45-49** David Eagar 36:25, Paul Lapage 41:38, Gerald Foletta 45:05, Andrew Piersc 48:36, Keith Miller 49:25, Scot Merkle 52:23, Bill Singer 56:00, Harold Yamada 1:46:11 **M50-54** John Victoria 36:48, Phil Edelen 40:45, Joe Laturnau 41:21, Les Omura 44:44, Steve Robinson 44:47, Sterling Sasaki 45:58, Robert Donle 52:43 **M55-59** J B Nation 52:36, James Mahar 1:04:12 **M60-64** Tom Craven 47:29, Michael Pietrusewsky 49:59, Scotty Anderson 58:12, Wayne Oshiro 1:21:40, Bob Meyer 1:43:01 **M65-69** Michael Richardson 52:38, Geoff Howard 59:11 **M70-74** Kit Smith 52:06, Stan Im 58:47, John Simonds 1:06:50 **M75-79** John Humphrey 1:20:38, Mac Kempshall 1:48:07, M80-84 Robert Henninger 1:12:20 **M85-99** Naoto Inada 1:43:02

## Women

**F20-24** Katie Nielson 54:31 **F 25-29** Tomoko Miller 51:24, Stephanie Genchi 57:19, Dana Johns 57:21, Jessica Forsythe 1:02:15, Cheryl Cambra 1:03:30, Melissa McEwan 1:04:59, Sara Sipes 1:07:01, Shelley Fisher 1:09:47, Emilee Soe Stroup 1:10:46, Erin Johnson 1:12:41, Christal Kemp 1:17:33, Julie Beth Shub 1:26:56, Caron-Lee Pastor 1:26:57 **F30-34** Jane Stevens 50:51, Jessica Colmenares 1:00:28 **F35-39** Blair Harms 51:27, Karen Hyland 56:49, Corrine Germain 1:09:16, Kim Moon 1:18:14 **F40-44** Georgina Olzaski 45:53, Jeanine Nakakura 54:06, Paula Reger 58:36, Evelyn Seiler 1:16:13 **F45-49** Crole Higa 47:02, Beth Blackburn 1:06:34, Cynthia McKeague 1:21:37, Sharon Takahama 1:46:10 **F50-54** Connie Comiso 46:32, Helen Chisum 1:28:07 **F55-59** Judith Inazu 54:44, Maude Omai 1:11:54 **F65-69** Joy Schoenecker 1:06:32, **F75-79** Ellen Humphrey 1:09:45

**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
President emeritus:	Bob Doleman			Lyle Nelson	941-1988
				Kim Jacobsen	737-8747
Past President:	John Simonds	395-7154	Computerized race timing:	Bart Mathias	732-3061
President-elect:	Paula Carroll	375-0917	Membership coordinator:	Paula Carroll	375-0917
1 <sup>st</sup> vice President: (race operations)			Legal advisor:	Bill Burgess	947-3881
2 <sup>nd</sup> vice president: (administration)	Bart Mathias	732-3061	Statistician:	Bart Mathias	732-3061
3 <sup>rd</sup> vice president: (public affairs)	Beth Blackburn	623-1901	USA Track & Field liaison:	Dick Sutton	422-4694
4 <sup>th</sup> vice president: (volunteer coordinator)	Joan Davis	955-0902	Hawaii RRCA representative:	Joan Davis	955-0902
Treasurer	Chris Mewhort	223-5199			
Secretary:	Carole Kleve	581-8700			

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