



The Mid-Pacific Road Runner



Post Office Box 2571 • Honolulu, Hawaii 96803 • <http://www.mprrc.com>
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Are You Entered For 2008??

(See Page 13)



THE PRESIDENT'S FORUM

By Helen Chisum
MPRRC President

Aloha Fellow Runners,
It's been a busy fall and the board has been hard at work with the Marathon Readiness Series. For those of you who will be participating in the Honolulu Marathon, the end is finally in sight. If you would like to participate in the "Predict Your Time" contest, please leave your name, number, and predicted time either on the club's phone at 295-6777 or my cell phone at 392-2202. Deadline is Thursday, December 6th @ 5pm.

The marathon tent committee has been hard at work preparing for the post-marathon activities. Massages will again be available at \$10 per person and there will be refreshments served as well. We will be sharing our tent and hospitality with Brian Clarke's



training group as well as Jack Schaff's Honolulu Marathon Training Clinic group.

With the new year coming up, you probably know someone whose New Year resolution is to become more active. Please encourage them to join us at the Bosetti 10K on Tuesday, January 1st. As always, we welcome walkers and runners alike, and I believe our members are the best support group for people who are new to the sport. Also coming up are Bob and Ron's 5K (Jan 6), Chapson 8K (Feb 3) and Faerber's 10K (Feb 9); great training runs for those participating in the Great Aloha Run. Please check our website for the 2008 schedule.

The club will once again sponsor a booth at the Great Aloha Run expo. If you will be attending the expo and can spare a few hours to assist in the booth, please call Joan Davis at 955-0902.

Have a Merry Christmas and a very Happy New Year. See you at the races!

2008 MPRRC RACE SCHEDULE

Underlined races are the qualifying races for MPRRC Outstanding Runner Award

Tuesday, January 1	Bosetti 10K	7:00 am at Hawaii Kai
Sunday, January 6	Bob and Ron's 5K	7:00 am at Kapiolani Park
Sunday, February 3	Harold Chapson 8K	7:00 am at Kapiolani Park
<u>Sunday, March 9</u>	<u>Johnny Faerber 10K</u>	<u>6:00 am at Kapiolani Park</u>
<u>Sunday, May 11</u>	<u>Pearl Harbor Bike Path 10K</u>	<u>7:00 am at Lehua School</u>
Saturday, June 14	Aloha State Games 10K	7:00 am at Kapiolani Park
<u>Sunday, July 13</u>	<u>Lanikai Bike Path 8K</u>	<u>7:00 am at Lanikai</u>
Sunday, July 20	Kailua Beach 8K	7:00 am at Kailua Beach
<u>Sunday, August 17</u>	<u>Norman Tamanaha 15K</u>	<u>6:00 am at Kapiolani Park</u>
Sunday, September 7	Kalaeloa 20K	5:30 am at Kalaeloa
Sunday, September 21	Old Pali Road 4.4M	7:00 am at Kailua
<u>Sunday, September 28</u>	<u>Windward 25K</u>	<u>5:30 am at Kailua Intermediate</u>
<u>* Sunday, October 12</u>	<u>Niketown 30K</u>	<u>5:00 am at Kapiolani Park</u>
<u>* Sunday, October 26</u>	<u>Tantalus 10M</u>	<u>6:30 am at Makiki</u>
Sunday, November 9	Val Nolasco Half-Marathon	5:30 am at Kapiolani Park
<u>December 7</u>	<u>SAM's 5K</u>	<u>7:00 am at Kapiolani Park</u>

* Dates may have to be switched, pending Kapiolani Park availability

MEET OUR MEMBERS By Lyle Nelson



MAC KEMPSHALL grew up in Crawford, New Jersey where he played hockey and football in his school days. Later he lived in Charlestown, Rhode Island, on Block Island Sound, and reached Hawaii in 1984. Mac is retired from the industrial distribution business (air compressors, pumps, etc.). He and his late wife, Mary, have been regulars, jogging and walking at most Mid-Pac club events.



BORYS PLESKACZ, 14, is a rising star in road racing. At present, however, the ninth grader at Iolani School is zeroing in on the 1,500 and 3,000 meter races. He is considered a top prospect in the ILH. When only 10 he turned in a 3:47 in the Honolulu Marathon. In road racing Borys currently prefers the 5K and 10K races. Borys' father, Jai, came to Hawaii from Poland by way of Connecticut; his mother, Sandy, is from Kamuela.



JUDITH INAZU, who works in special plans for the Social Science Research Institute at the University of Hawaii, has done Boston, Boise, Marine Corps (Washington DC) and Maui among her 23 "or more" marathons. She started running in 1984. Judith also accomplished that extra endurance feat, the Haleakala "Run to the Sun". From Kekaha, Kauai, she took graduate studies at the University of Cincinnati after UH, then taught psychology at Eastern Michigan University while her husband, George, finished his education at nearby University of Michigan. They live in Kailua.



KANE NG-OSORIO, a Kamehameha and University of Oregon graduate, lives in Hawaii Kai. Kane did between 30 and 60 miles a week in preparation for the Honolulu Marathon. He is manager of a men's clothing store and has also worked at Jamba Juice. His wife, Jackie, is also a runner.



LIMU FURTADO, he with the red bandanna and big smile, has been the laugh leader at road races for nearly 40 years. He lives in Nanakuli and retired 21 years ago as a federal construction administration negotiator. Limu and his running partner, Wayne Oshiro, often give the Kenyans tough marathon competition, except Limu and Wayne start races much earlier. Limu went to St. Louis High, was in the army seven years, and the youngest of his five children is now 34 years old.



DOUG TONOKAWA has completed the Honolulu Marathon 20 times. He lives in Kailua and is active in real estate. Doug went to Kalani High where he ran cross-country and the two-mile. When preparing for the Honolulu Marathon, he does 25 miles a week or more. Doug's father, Etsuo, 82, is a very active runner and may be the fastest 80 year-old in the state.

MEET OUR MEMBERS BY Lyle Nelson



JOHNNY LANDEZA is in the marathon business: seven this year including Boston, Maui, Hilo, Volcano, Kona, New York, and Honolulu on this year's schedule. Johnny lives in Aiea, is a contractor for the military at Schofield Barracks. He's single. Johnny is from Berkeley, California where he ran the two-mile and mile relay while at St. Mary's High School. He graduated from the University of California at Davis and came to Hawaii in 1995.



STEPHANIE MCLAUGHLIN is a native of Tacoma, WA. She started running before attempting to climb Mt. Rainier. Conquering the mountain led her to start running in 1973. Stephanie graduated from the University of Oregon, worked in Weisbaden, Germany for the Department of Defense, also radio work in Italy, news reporting in Georgia, and has been teaching for 20 years. She came to Hawaii in 1990 and teaches at Moanalua HS. Her first marathon was in Rota, Spain. Her best time was 3:19 in the 2002 Maui Marathon, and she ran the Boston Marathon last April.



TOM CRAVEN is dean of the College of Natural Sciences at the University of Hawaii. Until recently chair of the UH mathematics department, Dr. Craven is from Portland, Oregon, attended Reed College, and did his graduate work at Cornell. He has 62 marathons on his resume plus a 100-miler in the South Dakota Black Hills, and a 100K on Molokai. His first Honolulu Marathon came in 1974. He ran Boston twice, also Little Rock, Volcano, and got a first in his age group at Steamboat Springs, Colorado.



BARBARA ZAMPARELLI, a military wife, has been in Hawaii since 1969. Her Air Force husband, John, took her to California, Texas, and Florida, among other stops. They now live in Newtown. Barbara is from Trenton, New Jersey and has run 23 marathons including New York and the Marine Corps in Washington DC. Barbara worked at Pearl Harbor for 17 years as a librarian specializing in technical data.



BILL BURGESS, legal advisor to the club, has been road running for 35 years. He was on the boxing team while at the University of Virginia and is originally from Queen's on Long Island. He came to Hawaii in 1956 as a Marine Corps fighter pilot and lawyer. His first interest in fitness was because of the nationwide aerobics mania, and he then graduated to Dr. Jack Scaff's running program. Bill had to bribe wife Sandra into joining the road-racing craze. His inducement to her: the Paris Marathon. They live on Tantalus.



DAVID CARLSSON is both a fitness nut working for Niketown's Fitness Center and one of the fast young runners seen in various road races here. From the Chicago area originally, David arrived in Maui in 1993 and eventually moved to Waikiki. He is single and his first marathon was the Maui Marathon in 1997. Today, he is at 50-miles-a-week.

Police Special Duty Costs Rise Sharply

By John Simonds

Costs of special duty officers assigned by the Honolulu Police Department for the Club's Marathon Readiness Series rose dramatically this year.

Increases were most evident in the Niketown 30K and Val Nolasco Half-marathon which run through East Oahu's busy Kahala streets and Kalaniana'ole corridor. In past years, the club requested a maximum of 15 officers to work such events, and HPD approved those numbers. With little advance notice, HPD changed its 2007 requirements. This year, HPD assigned 47 officers for the 30K and 37 for the half-marathon. Police staffing estimates are not negotiable. City Department of Transportation Services street permits to conduct races hinge on club acceptance of HPD

requirements. A total of 41 officers reported to work the 30K, at a cost to the club of \$7,088, and 33 worked the half-marathon at a cost of \$5,365.50. Checks were payable to individual officers three days after the event. The club met delivery terms promptly, noting to HPD, however, that such costs likely will have a discouraging impact on future road races.

For series races at Kalaeloa and Windward Oahu, HPD officials in less populous districts recommended fewer officers. The Kalaeloa 20K had 7 officers and the Windward 25K had 20. Entry fees for the series and its individual races are among the lowest anywhere. If the series continues next year, higher entry fees, possibly with "safety surcharges," may be necessary to cover required police and road-coning costs.

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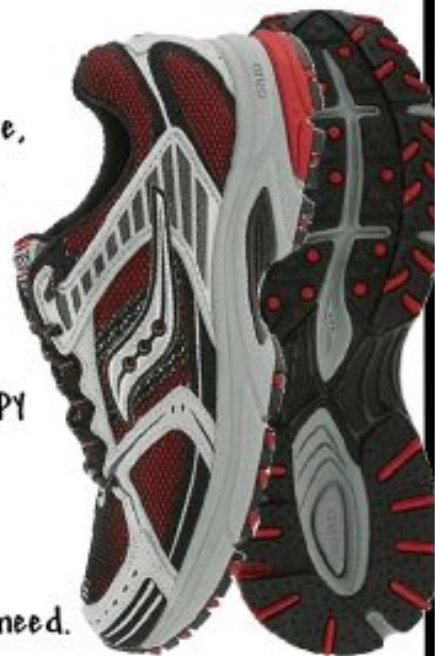
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MPRRC AND THE HONOLULU MARATHON

BY Col. Thomas Ferguson

There are probably only a few of the current MPRRC members who will remember the role played by the club in the founding of the Honolulu Marathon in 1973, a huge role in every aspect of the current success of this major sporting event, one involving nearly every member of the club.

The Honolulu Marathon was not the first such long distance race in Hawaii. The old Amateur Athletic Association of Hawaii sponsored one or two such races in the 1960s. In the early 1970s a group on Maui organized a marathon to honor Norman Tamanaha, the MPRRC President and highly regarded long distance runner.

In early 1973, club members, led by Johnny Faerber and Jim Ferris, organized the Oahu Marathon, a race primarily for club members. Shortly after this race, Dr. Jack Scaff, a club member, proposed to the club members that the club organize and stage a marathon to be held in December of 1973 in connection with the annual meeting of the Medical Joggers Association. Chuck Greenley, MPRRC President, and other members enthusiastically supported this proposal, most not fully appreciating what Dr. Scaff expected the club to do, including layout and certification for the full distance of 26 miles 385 yards.

Dr. Scaff and Dr. Terry Kavanaugh of Toronto, Canada, believed that long distance running, with properly supervised training, was a way to strengthen the heart and wanted a means to prove their ideas. However, no marathon at the time would allow "cardiac victim runners" to enter a race of that distance for fear of the participants' death. And so, the MPRRC organized marathon would become the entryway into this denied field.

A general course layout that would start and finish in Kapiolani Park was determined. Then the measurement began. Measuring a marathon course in 1973 was largely an unknown undertaking – it was an inexact science! A few standards had been established by the RRCA but little else. Thanks to a badly tattered

and mimeographed treatise provided by Scott Hamilton from his days at Cambridge, England there were suggestions of how to accurately measure road-running courses. Unfortunately, most of these were impractical over roads filled with traffic. With this and advice from Ted Corbitt of RRCA, club members started measuring in May 1973 what was to become the Honolulu Marathon course. The first requirement was to have a 100 ft. engineers steel tape certified by the State Bureau of Weights and Measures – the tape must be accurate or all measurements would be off. But laying down and picking up a 100 ft. tape was just not practical for 26 miles 385 yards! The next recommended item to measure the distance was the Surveyor's Wheel, an 18-inch wheel with a mechanical to record ground distance much like a vehicle odometer. The wheel would be pushed over the desired course. Fortunately, club member Bud Deacon had one that he was using for his decathlon training. Then the wheel had to be calibrated against a measured distance to ensure accuracy of the counter. In 1973 the approved calibration course had to be one mile. Now, where could a straight stretch of road be found in which the wheel could be run over a minimum of 4 runs to determine an accurate average? Again, one of the club members serving at Hickam USAF Base knew of just such a road alongside the current Hickam Golf Course. Using the 100 ft. calibrated steel tape and use of careful determined checkpoints, the one-mile course was complete by the end of May.

The actual course measurements began in June 1973. A club team, aided greatly by two high school students and excellent runners, Vern Matsakawa (Punahou) and Ron Au (Damien) did this work. Recording all the twists and turns was very slow going. The course was measured in segments with pinpoint check locations so starting and stopping was accurate. It took over a month to go over the course envisaged by Dr. Scaff. In the end, it was discovered that the course was short by close to 3 miles! The course was extended along Kalakaua



Ave. and Ala Moana Blvd. to Ala Moana Park. The course was still short. To the amazement of all the group of measurers, the exact 26 miles and 385 yards came out at the Aloha Tower! The measurements were not finished, however. Other members of the club re-measured the course. There were differences in the measured distances so the course was gone over again. The differences were resolved and there was unanimous agreement that the course was now an accurate 26 miles 365 yards.

After the Herculean effort by the club members, it then became a task of painstakingly putting all the recorded data into the desired format for Ted Corbitt's mainland certifiers. By the time this was accomplished it was late September and time had run out to submit the data back to Ted in New York and have it certified (hopefully) by December.

In late November, less than three weeks before the marathon was to be held, Ted and his group completed the review and pronounced "the marathon is certified as meeting the requirements for 26 miles and 385 yards." This was a huge accomplishment for the MPRRC members as there were only about 3 or 4 other certified marathon courses in the USA! It is interesting to note that when the Honolulu Marathon course was re-measured for re-certification by mainland measurers, using new techniques (the bicycle), the difference between the original measurement and theirs was less than 50 yards, allowable under the newly adopted measurement requirements.

MPRRC members can thus be proud of the early group who labored for nearly 6 months to accurately measure the full marathon distance – it more than passed the test for not only organizing and directing, but all the other technical aspects needed in conducting a long distance run.

Oh, how did the cardio-vascular patients of Dr Scaff and Dr. Kavanaugh do? All finished, in excellent times for their ages. This led to acceptance by all of the other major marathons then springing up all over the U.S. that an individual who had heart problems and who had trained, under supervision, could successfully finish the full marathon distance.

Today, the current members of MPRRC can share and be proud of the club's contribution in fulfilling one of the objectives of the RRCA – the promotion of health and the saving of lives.

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Well, we're coming to the end of another year of great runs, and with the Marathon coming up we'll all be getting one final big test of the year. And for those of you upgrading your equipment for the marathon or for the year

ahead, we'll be giving a 20% discount to MPRRC members on all running gear until December 7th. So hurry on down and have a look at our complete selection of shoes & supplies while the sale lasts. Be sure to bring your membership card when you come, since the discount is only for MPRRC members.

If you haven't yet been out to our Aiea store, we'd certainly like to have you out for a look-see. We think you'll find it worth the trip, and for a number of reasons. First, of course, is our complete selection of running gear. Secondly, our staff is made up of highly qualified people who are runners themselves, and my own background encompasses 20 years in the business, so you'll find real specialists to handle your needs and your questions. In addition to our special sales prices, we offer an ongoing 10% discount to MPRRC members throughout the year - just show your membership card when you make a purchase.

As many of you know, we also sponsor a Tuesday training run from our store that goes over to Ford Island and back and lets you do anywhere from 4 to 7 miles with a group of 30-40 other people whose speeds vary from beginners to top age group types. We all get together afterwards for drinks and a snack and to talk story. If you haven't been by to see our place yet, you'll find a store that is fully committed to taking care of the needs of runners.

There is plenty of parking always, but if you haven't yet been out or need more information, just give me a call. See you at the races!

Ray Woo
Owner and Manager
Runners HI
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Club Races in the past three months. For complete listings of finishers, go to MPRRC webpage (www.mprrc.com) and/or Time Line Hawaii webpage (www.timelinehawaii.com).

KALAELOA 20K: September 2, 2007, 6:00 am. Race #2 of the Marathon Readiness Series. Terrain: level; weather good. Finishers: 593. **Overall winners: Female: Yang Sun Carpenter (1:23:04), Lisa Tilton-McCarthy (1:31:19), Robin Shishido (1:33:46). Male: Andrew Taylor (1:14:04), Matthew Pitts (1:15:22), Chris Larson (1:16:09).** Race Directors: Paula Carroll and John Simonds

OLD PALI ROAD 4.4M: September 16, 2007, 7:00 am. A beautiful run on the windward side of the Koolaus. This Old Pali Road is closed to automobiles and not to be confused with the Old Pali Road in Nuuanu Valley. Terrain: continuous up and down; weather: overcast. **Overall winners: Female: Kristy Rice (31:16), Melissa Torres (35:24), Susan Redpath (35:36). Male: Mark Mench (25:22), Brian Harrington (25:39), Scot Muraoka (26:32)** Race Director: Bill Cunningham.

WINDWARD 25 K: September 23, 2007, 5:30 am. Race #3 of the Marathon Readiness Series. Terrain: level Weather: mostly good with some showers. Finishers: 565. **Overall winners: Female: Yang Sun Carpenter (1:44:08), Sandra Ferreira (1:51:58), Heather Pine (1:55:51). Male: Andrew Taylor (1:34:57), Aoyama Takeshi (1:37:01), Chris Larson (1:38:47).** Race Directors: Paula Carroll and John Simonds.

NIKETOWN 30K: October 7, 2007, 5:00 am. Race #4 of the Marathon Readiness Series. Terrain: mostly level with slopes around Diamond Head. Weather: good. Finishers: 678. **Overall winners: Female: Jacqueline Haggarty (2:14:14), Julie Doheney (2:24:15), Kelly Groom (2:29:19). Male: Jonathon Lyau (1:56:49), Andrew Taylor (1:58:24), Aaron Pierson (1:59:45).** Race directors: Paula Carroll and John Simonds

TANTALUS 10M: October 28, 2007, 5:30 am. Road work made it an up and back route rather than the usual loop that includes Round Top. This changed the distance to be about 9 1/2 miles. Terrain: continuous steep up and down slopes. Weather: cool with some showers. Finishers: 45. **Overall winners. Female: Katey Mobley (1:12:36), Kristy Rice (1:13:54), Courtney East (1:14:28). Male: Aaron Pierson (59:27), Jeffrey Glick (1:00:50), David Carlsson (1:00:57).** Race Director: Beth Blackburn

VALNOLASCO HALF-MARATHON: November 4, 2007, 5:30 am. Race #5 of the Marathon Readiness Series: Terrain mostly level with slopes around Diamond Head. Weather: terrible - very heavy rain and occasional lightning. Finishers 729. **Overall winners. Female: Sandra Ferreira (1:32:26), Kylee Nakamura (1:35:56), Hollie Whitney (1:37:40). Male: Todd Iacovelli (1:17:57), Chris Larson (1:20:13), Jonathon Lyau (1:20:23).** Race Directors: Paula Carroll and John Simonds.

HAWAII SENIOR OLYMPICS 10K: November 18, 2007, 7:00 am. This is a qualifying race for the National Games to be held at Stanford in 2009. Five-year age divisions from 50 years and up, though pre-seniors, age 40 may also run. There are no overall winners. Terrain: mostly level with slopes around Diamond Head. Weather: good with some sprinkles. Finishers: 33. **The three fastest runners: Females: Sayuri Kusutani, (45-49, 42:56), Denise Cuadrado, (40-45, 53:22), Linda Higa, (45-49, 1:02:48). Male: Scot Muraoka, (40-45, 39:15), Ken Conner, (50-54, 40:58), Rob Grant, (60-64, 41:40).** Race Director: Joan Davis.



Yang Sun Carpenter



Sandra Ferreria



Stephen Hill

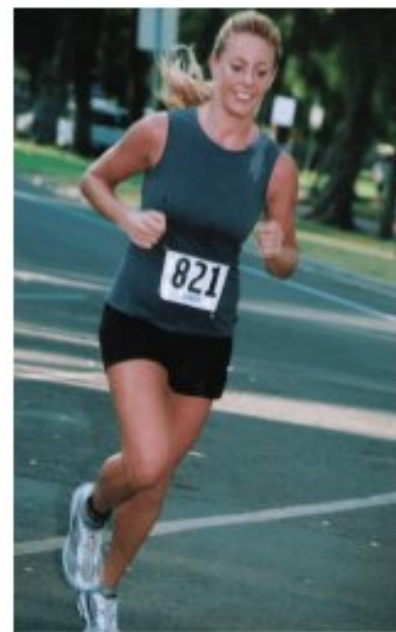
Chris Larson
Andrew Taylor
Aoyama Takeshi



Kelly Warnock



Jacqueline Haggarty



Julie Doheney



Katey Mobley



Frank Pugliese



Ernie Rodriguez
Just back from Iraq
Happy to be home &
Running



Bill Beauchamp, Geoff Howard, Bill Cunningham, & Bob
Henninger, looking back on 312 years!



Hollie Whitney, Kylee Nakmura, Sandra
Ferreira



Jonathan Lyau, Todd Iacovelli, Chris Larson

"Sight"-Seeing

suggested by Sam Aucion

Have you run on the sidewalk of Ala Moana Blvd near Kewalo Basin? Did you notice "WPA 1939" written in several squares of cement there? These figures are reminders of the federal Works Progress Administration, a program of unprecedented scale set up by our country to provide work during the Great Depression of the 1930's, a time when unemployment was over 25%. The WPA was established in 1935 by executive order and employed more than 8,500,000 different persons on 1,410,000 individual projects in 8 years, touching even the Territory of Hawaii. (Source: *Encyclopedia of American History*, 1996)

Want to suggest a "Sight-Seeing" item? See Newsletter contacts on back cover. We need your suggestions.



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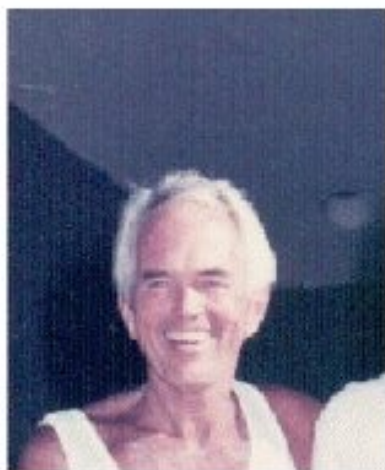
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BOB COOLING

Bob Cooling, 83, Died November 20, 2007 at Kahala Nui Retirement Center. Bob will be well remembered by many in the running community. For years, he was the consistent winner of his age division in all races including the Honolulu Marathon and the Great Aloha Run until suffering a series of strokes.



Series Awards Dinner January 4

Members and nonmembers who signed up for the 2007 marathon Readiness Series and completed at least four of the five races will be invited to the

admission-free awards dinner Friday, January 4th, 2008 at the Kilauea Recreation Center on Kilauea Avenue between 18th and 22nd avenues.

This is a new site for the 10th annual awards event (previously held at McCoy Pavilion). Invitations will be mailed to those eligible. Those attending will receive certificate of participation, and age-group trophies will be presented.

The gathering will begin at 6 p.m. Volunteers to help set up are welcome to arrive after 5 p.m. Call 295-6777 for more information.

MPRRRC ANNUAL MEETING

The club's annual meeting will be held on Friday, February 22, 2008. The time and place are yet to be decided. Though months away, it takes place before our March 1 newsletter issue. Election of officers takes place at this meeting (nominations may be made from the floor) and annual awards are made along with other club business. Check your calendar.

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Running the Loop By Bob Henninger

ARE YOU ENTERED? QUALIFY FOR THE MPRRC OUTSTANDING RUNNER AWARDS!

One of the club's best-kept secrets seems to be its annual Outstanding Runner Awards. In 2006, 15 of a possible 34 awards were unclaimed! It is too late to change much in 2007 but lets see if we can get winners for all awards in 2008!

How do you qualify for an award? There is no entry form to fill out or fee to pay. You must, however, be a **MPPRC member**. You must **run at least five of eight pre-selected races**. These races are: **Johnny Faerber 10K, Pearl Harbor Bike Path 10K, Lanikai Bike Path 8K, Norman Tamanaha 15K, Marathon Readiness 25K, Niketown 30K, Val Nolasco Half-marathon, and SAM's 5K**. The times and dates for these races are listed on the club website (www.mprrc.com) and in this Newsletter.

The **overall Male and Female winners** are selected using a formula that considers more than just order of finish. A **Male and Female winner for each 5-year age division** is awarded (Your age on June 30th). In addition, starting with 2008, a **Certificate** will be awarded to each runner who qualifies by running at least five of the selected races. We are now working on perks for these certificates. **Lets all enter the race for 2008!**

TOM KNOLL

Tom Knoll is an Ironman and Ultra-marathon runner as well as a MPRRC member. He dedicates himself to running for charity. He ran the Oahu perimeter (134 miles) for charity. His military career includes Korea, Vietnam, Afghanistan, and Iraq.

Tom and his son Warren, will be making a cross country run from San Diego, CA to Washington DC starting March 1, 2008. They plan to do it in 112 days at 30 miles per day. This is Tom's second cross-country charity run. He hopes to raise one million dollars.

There are benefit awards and you can even join the run at various cities. If you would like to support this charity run in any way, go to web address: www.usfreedomrun.com

GORDON DUGAN HONORED

Club member, Gordon Dugan, along with Gary

Dill and Jerold Chun, will be inducted into the Honolulu Marathon Hall of Fame. These three are the only runners who have completed all 34 Honolulu Marathons.

Gordon, a retired University of Hawaii professor, now shares time between Honolulu and Colville, in the northeastern tip of Washington. He will be here to run his 35th Honolulu Marathon this December. Gordon says he cannot "run" anymore, but he does a good job of walking as his times are around 6 hours. His bib number for the race is always the same as his age so you can look for number 74 in this year's race.

The three will receive plaques with their images emblazoned at a ceremony tentatively planned at the Hawaii Convention Center, Thursday, Dec 6, at 11:00 a.m. according to Pat Bigold of the Honolulu Marathon Association. All are invited.

FORMER CLUB PRESIDENT DIES

Richard G. "Dick" Hoyer Jr., 60, former club president and previously active in Oahu's running community, died on October 20. He was president of the club in 1981-1982 and is remembered by longtime members as a cheerful, imaginative leader who helped initiate the "Champagne and Chocolates Run" for couples, first at Turtle Bay and later Makaha. A memorial service is scheduled for December 8 at St Andrew's Chapel.

AthletesHI MAGAZINE

MPRRC life member, Asti Tomsic, e-mailed us the following: "You may have seen me and my husband, Lou, at the races handing out the AthletesHI magazine. We have been publishing it for 5 years I recently took over as Editor. I hope that we can serve you well by getting out the race calendar, race entry forms, race results, and interesting stories. We appreciate the support you have given us and always welcome feedback on how we can do things better. We have already gone to better quality paper that will make entry forms easier to read. Come to our website at: www.athleteshi.com for a wide variety of photos, news, raining tips, and reviews. Have fun and see you at the races! Asti and Lou Tomsic.

West Loch Shoreline Park

A very enjoyable run is available in a variety of distances in and around Shoreline Park. Asphalt running paths traverse it and extend along the shoreline toward Waipahu and West Loch Fairways housing development. The park hours are 7:00 am to 7:00 pm. It has a parking lot as well as restrooms and water fountain. An unusual feature in the park is the $\frac{1}{4}$ mile segments marked off in one stretch of the asphalt paths.

Shoreline Park is reached from Ft. Weaver Road by going through West Loch Estates housing development (across the highway from St. Francis Medical Center West). Running paths exist in West Loch Estates and you may easily tie into the broad



bike path that extends from Waipahu to Ewa Beach along Ft. Weaver Rd. Be sure to locate the path that runs near the water from the park in back of West Loch Golf Course and West Loch Fairways to Renton Road near the new Ewa Zippy's restaurant. Using this path and the Ft. Weaver Rd path provides about a 4-mile loop.

Future plans are well under way to tie the Pearl Harbor Bike Path to the West Loch bike path. Also planned, but much further in the future, is the extension of these bike paths along the former OR&L railway out to Lualualei Naval Rd. When completed it will be known as the Leeward Bikeway. This is a State Dept. of Transportation project. Talk to your Legislators about the need to expedite this phase of the project.



Hawaii Senior Olympics 10K

Kapiolani Park, November 18th, 7:00 a.m.

Race Director Joan Davis giving instructions before the start (right).

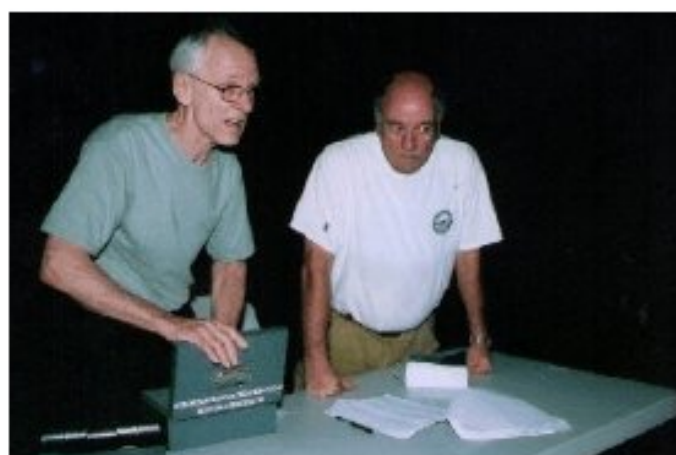




John Simonds



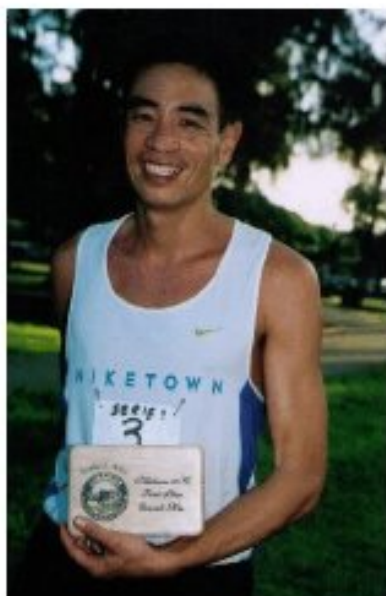
Bart Mathias



Bart Mathias & Sam Aucoin



Andrew Taylor with his Wife and Mother-in-law



Jonathan Lyau



Beth Blackburn



Naota Inada

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:		
President-Elect:	Paula Carroll	375-0917	MPRRC Newsletter		
1 st Vice President: (Race Operations)			(e-mail) Rshennin01@cs.com		
			(street) 4334 Hakupapa St. Honolulu, HI 96818		
2 nd Vice President: (Administration)	Bart Mathias	732-3061	Computerized Race Timing:	Bart Mathias	732-3061
3 rd Vice President: (Public Affairs)	Beth Blackburn	623-1901	Legal Advisor:	Bill Burgess	947-3881
4 th Vice President: (Volunteer Coordinator)	Joan Davis	955-0902	Statistician:	Bart Mathias	732-3061
			USA Track & Field liaison:	Dick Sutton	422-4694
Membership Coordinator:	Paula Carroll	375-0917	Hawaii RRCA Representative:	Joan Davis	955-0902

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