



# The Mid-Pacific Road Runner



Post Office Box 2571 • Honolulu, Hawaii 96803 • [www.mprrc.com](http://www.mprrc.com) • Vol VII, Number 1 • Spring 2008



**Most Outstanding Female Runner of 2007**  
**Connie Comiso-Fanelli**



**Most Outstanding Male Runner of 2007**  
**Mark Houghton**



**Male Marathon Readiness Winner of 2007**  
**Andrew Taylor**



**Female Marathon Readiness Winner of 2007**  
**Kelli Lyau**

## THE PRESIDENT'S FORUM



**Paula Carroll, 2008 MPRRC President**

**Aloha!** I am most honored to serve as your Club President and look forward to an exciting year in Club news and racing events. Continue to check the website [www.mprrc.com](http://www.mprrc.com), yes, its back! Look forward to receiving the quarterly newsletter and check the phone number, 295-6772, if you're not hooked up by computer. You WILL continue to hear from me via email as I am still Membership Coordinator! If I can answer your questions or be of assistance, please send me an email at [paula-carroll@hotmail.com](mailto:paula-carroll@hotmail.com).

I would also like to offer my heartfelt thanks to the outgoing Committee members Helen Chisum, Bart Mathias, and Beth Blackburn. All have committed to offering assistance to their replacements and providing continuity, a nice gesture.

Keep Running! Paula Carroll

### **Upcoming MPRRC Races**

**Sunday, March 9, Johnny Faerber 10K,**  
7:00 am, Kapiolani Park

**Sunday, May 11, Pearl Harbor Bike Path 10K**  
7:00 am, Lehua School

**Saturday, June 14, Aloha State Games 10K**  
7:00 am, Kapiolani Park



**Helen Chisum, MPRRC Immediate Past President**

**Aloha Fellow Runners!** It's been a challenging year for your MPRRC. The Board has done their best to continue the quality of races, despite the occasional shortage of manpower. The Marathon Readiness Series was again a great success with the most participants since its inception. You will be hearing about changes planned for the Series in the coming months.

I would like to thank each and every person who volunteered their time to helping the club, whether serving on the Board, assisting with packet pickup, or helping in various ways on race day. Without your kokua, many of our races would not have taken place.

For 2008, I hope to see more participation from all members. Our club's success depends on the participation and assistance of each of us. We will not be able to put on races if we do not have volunteers to deliver equipment, pick up refreshments, assist on the course, and working at the finish line. Please consider volunteering for at least one event in the coming year.

It has been an honor serving as your President. Please help the new Board in any way you can so that MPRRC will continue to grow and prosper. Thank you for your support and I'll see you at the races! Helen Chisum



Mid-Pacific Road Runners Club  
Statement of Income and Retained Earnings  
For the Twelve Months Ending December 31, 2007

	Year to Date	Percentage
Revenues		
Race Money Fees	\$69,760.91	84.22
Membership Fees	1,515.00	1.83
Singlet Revenue	75.00	0.09
T-shirt Revenue	34.00	0.04
Donation Revenue	11,350.75	13.70
Newsletter Donation	<u>100.00</u>	0.12
Total Revenues	<u>\$82,835.66</u>	100.00
Expenses		
Race HPD	\$18,765.18	22.65
Race Refreshments Expense	4,315.80	5.21
Race Awards Expense	4,562.05	5.51
Race Safety Expense	5,485.84	6.62
Race Shirt Expense	34,431.36	29.49
Race Advertising Expense	1,256.54	1.52
Race Photography Expense	630.57	0.76
Race Misc. Expense	0.00	0.00
Race Equipment Rental Expense	1,568.57	1.89
Race Timing Expense	1,711.65	2.07
Race Misc. Expense	4,381.85	5.29
Fees Expense	813.41	0.98
Meeting Expense	1,398.35	1.69
Tent Rental Expense	1,159.68	1.40
Office Supplies Expense	1,204.75	1.45
Bad Check Expenses	30.00	0.04
Telephone Expense	198.37	0.24
Fees and Dues Expense	3,130.63	3.78
Bank Fees Expense	458.13	0.55
Accounting Expense	400.00	0.48
Printing Expense	364.79	0.44
Newsletter Expense	1,578.05	1.91
Repairs Expense	158.75	0.19
Storage Expense	2,671.68	3.23
Web Hosting Expense	119.40	0.14
Donation Expense	11,507.00	13.89
Social Expense	1,803.06	2.18
Travel Expense	3,250.00	3.92
Penalties Expense	<u>1,221.31</u>	1.47
Total Expenses	<u>\$98,576.68</u>	119.00
Net Loss	<u>\$15,741.02</u>	
Undistributed Surplus at start of year	\$23,795.19	
Net Loss	<u>(15,741.02)</u>	
Undistributed Surplus at end of year	<u>\$8,054.17</u>	

## MEET OUR MEMBERS by Lyle Nelson



**JACK KARBENS**, president of the Hawaii Masters Club, has performed at about 700 track meets in 35 years ranging from Cooke field to Eugene, OR to St. John's, New Brunswick. His events include 3-mile masters, many marathons, the pentathlon and decathlon. Jack is from Cicero on the west side of Chicago. He graduated from Bradley, has three additional degrees from UH, teaches accounting at Hawaii Pacific, and lives in an apartment at Chaminade. Jack came to Hawaii in 1963. He did six of the first seven Honolulu Marathons and can still do the long jump, hammer throw, and javelin. He is a masters marvel.



**JACK GUBBINS** at 87 years of age might be the fastest 85 and up runner in the state. He did a sub 35 minute finish in the recent Ron and Bob's 5K. Jack was born in Bellingham, WA. He is a widower who spends part of the year in Wai-kiki and part in Fort Myers, FL. Once a merchant mariner, Jack has worked many years for Westinghouse.



**CONNIE COMISO-FANELLI** is a club veteran. She has logged many marathons, as many as five a year since her first in 1978. She has also done the 37-mile Haleakala hill climb nine times. A nurse, Connie and son, Gary Fanelli Jr., live in lower Manoa. Born in Reno, NV, she came to Hawaii as a teenager, graduated from Kailua High and the UH School of Nursing. Connie works with the State's Department of Human Services and Kapiolani Hospital. She also helps Michael Georgi with Punahou's cross-country runners.



**ANDREW TAYLOR** has been running for 10 years but in Hawaii for less than three years where he is one of our top runners. Andrew is married and the couple lives in Kaneohe. He earned a college degree in chemistry. He is a native of Berkeley, CA and ran the mile in high school. Andrew graduated from Cal Poly at San Luis Obispo, CA.



**LORETO MINA** spent 30 years in the Navy, first came to Pearl Harbor in 1979. He grew up in Baquio in the mountains of central Luzon. Loreto has done 15 marathons since 1990 after a doctor told him to quit smoking. Now he's a systems engineer technician and an estimator/planner at the shipyard. His wife of 30 years, Lilia, works for the top military command at Camp H. M. Smith. The couple lives in Pearl City. They have two children, one is a UH grad in music, the other attends Hawaii Pacific University.



**MASAKO SAGAWA** was born in Yokohama, Japan. She has done 10 marathons in 11 years of running. A graduate of Hawaii Pacific University, Masako studied financial marketing and economics. She plans to get a law degree. Masako came to Honolulu in 1995, covers 40-50 miles a week on the road.



## THE MID-PACIFIC CHRISTMAS PARTY

Held at Ruby Tuesday Restaurant, Moanalua Shopping Center

December 21, 2007

We had about 55 members and guests attend the Christmas Party at Ruby Tuesday. We were fortunate to sit in their outside lanai to enjoy the lavish buffet, onolicious food, and a cold beer. We played games to win 20 merchandise prizes donated by Running Room and had our Honolulu Marathon "predict your time" awards ceremony with \$125 of gift certificates donated by Runner's



HI. Santa made a surprise visit much to the delight of the dozen children who attended. We exchanged white elephant gifts, shared silly jokes, got to see friends dressed in clothes other than running attire, and made new friends! A good time was had by all, and I look forward to next year's Club party!

*Write-up and photos by: Connie Comiso-Fanelli*

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## MPRRC ANNUAL MEETING , Friday, January 29, 2008



### OUR NEW OFFICERS

(Left to Right)

*Photo by Tesh Teshima*

**David Carlsson**, President Elect

**John Simonds**, 1st VP, Race Operations

**Andrew Taylor**, 2nd VP, Administration

**Halena Zaleski**, Secretary

**Joan Davis**, 4th VP, Volunteers

**Paula Carroll**, President

**Bill Beauchamp**, 3rd VP Public Affairs  
(Missing)

**Helen Chisum**, Past President

**Bob Doleman**, President Emeritus  
(The Office of Treasurer is vacant)

About 40 members attended our annual meeting at McCoy Pavilion. John Simonds discussed important issues the Club faces. Getting sufficient volunteers for races is a problem, rising police costs is another. The Club has requested bids for an outside party to take over running the Marathon Readiness Series if feasible. Election of officers for 2008 was held (see picture). Also the Club Constitution was reviewed with proposed amendments. A vote was then taken and the amended Constitution was passed. We are still looking for a volunteer Club Treasurer. In the meanwhile, Chris Mewhort will continue to handle club finances. Last, but certainly not least, The 2007 Outstanding Runner Award plaques were given (see cover and "Running the Loop" pages.)



We don't enter races here. In 6 1/2 years we've only managed three different ones: Race for the Cure in Frankfurt (by Germans), one Koenigstuhl Run in Heidelberg, Frankenstein Castle Run in Darmstadt (by Americans).

We do "Volksmarches". These are hiking events, mostly on trails, paths, forest and farm roads, a few in city and town areas. They are put on by local clubs under the auspices of the "International Volkspport Verein (IVV—the international governing body) and the DVV (the German national governing body. There is a US governing body, the AVA, which has a member club in Hawaii, The Menehune Marchers).

A Volksmarche is usually scheduled on a weekend with 5Km, 10Km, and 20Km marked trails and, of course, less frequent 42 Km "marathon" trails.



**The author at the start line of a Volksmarche**

In winter, the 20Km and "marathon" VMs are usually not arranged. Starting out is mostly between 6 am and 2 pm and the trails close around 6 pm. There are checkpoints about every 5Km, where "startcards" are stamped and water, beer, sandwiches are available (cups of tea are free)

These trails, except when in tangled woods or up steep hills can be jogged (run). JoAnn and I used to jog part of them until her knees gave out. Now we "nordic walk" with poles (like cross-country ski poles). When alone on "marathons" I try to jog/walk as fast as is sensible and safe for me.

The trails are not "certified" like we do on race courses. They mostly say they measure them with GPS. GPS can be 10% - 15% off, too. I've done "marathons" which I KNEW to be less than 40Km and more than 50Km. JoAnn and I try to do two VMs each weekend when we're not away; both 20Km. In our six years here we've done about 12,000 Km each (about 2,500 miles).



**A Startkarte**

This card is stamped about every 5 Km

We belong to two clubs here (as well as MPPRC), the Ramstien Road Runners and the Heidelberg International Wandering Club which are associated with the IVV/DVV. The IVV has ties worldwide in nearly 100 countries, however I still prefer the running friends and constant events in Hawaii.

### Looking Ahead

**MPRRRC can use help from all of us in the days ahead.** If you looked closely at the bottom line of our Club's 2007 financial sheet on page 3, you saw that we lost a total of \$15,741 for the year's operations. Contrast that with 2006's net gain of \$17,278 (MPRR Newsletter of March 2007). What happened? The biggest single change was the cost of Honolulu Police race support. In year 2006, the Club spent \$6,903 for race HPD support. In 2007, for essentially the same races, the Club spent \$18,765!

We have little, if any, control over this cost. It is relative to the number of policemen that HPD determines is necessary to safely conduct our races. For whatever reason, that number sharply rose in 2007 over 2006.. Without police support, however, we cannot get the proper permits, the vendors will not cone the race lanes, we can not get the necessary insurance, and so on..

Another contributing factor is the elimination of military bases as sites for our races. During 2007, Schofield joined the other bases in this, now requiring HPD approval for all Club races. Also we sometimes had a shortage of volunteers and had to pay for jobs that could be done by volunteers.

Look for changes in the future and understand why they have to be made. Obviously we can not continue to do things the same way in 2008 as they were done in 2007. Some possibilities are increased race fees, elimination of some races, outsourcing .the Marathon Readiness Series, and moving race venues to locations requiring less HPD race support.

One thing each of us can do is eliminate paying for a job that a volunteer can do! Consider volunteering at least once a year for some activity that will help the Club. Or perhaps you have an idea of how we might cut costs. The telephone numbers of the Club's officers are on the back cover of this newsletter. Together, we can make a difference.

### Congratulations!

Congratulations to MPRRC members **Ellen Humphrey** and **Bill Beauchamp** for being selected for the Honolulu Quarterback Club's 2007 Senior Athlete -of-the-Year awards. The awards were presented to them at their recent 61st annual Banquet of Champions. Also, Club member Jack Karbens was a finalists for consideration of the award.



Bill Beauchamp and Ellen Humphrey

Congratulations to the winners of MPRRC's Outstanding Runner of 2007 awards! These awards were presented at our annual meeting.

**Connie Comiso-Fanelli**, Female, Overall **Mark Houghton**, Male, Overall, **Terri Kindness**, F30-34, **Yuko Takahashi**, F40-44, **Carole Higa**, F45-49, **Linda Moran**, F50-54, **Judith Inazu**, F55-59, **Joy Schoenecker**, F65-69, **Ellen Humphrey**, F75-79, **Andrew Taylor**, M25-29, **Kane Ng-Osorio**, M30-34, **Mike Taratko**, M35-39, **David Carlsson**, M40-44, **Michael Higa**, M45-49, **Nick Kaiser**, M50-54, **Michael Pietrusewsky**, M60-64, **Kit Smith**, M70-74, **John Humphrey**, M75-79, **Bob Henninger**, M80-84, **Naoto Inada**, M80-89

**Qualifving for the 2008 Outstanding Runner Awards begins with the Johnny Faerber 10K race on March 9th.** To be considered you need to run at least 5 of the following races: **Faerber 10K**, **PH Bike Path 10K**, **Lanikai Bike Path 8K**, **Tamanaha 15K**, **Windward 25K**, **Niketown 30K**, **Nolasko Half-Marathon**, **SAMs 5K**



## SCENES FROM THE SAM's 5k RACE, December 2, 2007

*Photos by Tesh Teshima*



Ann Heaslett Female Overall Winner



Christian Friis Male Overall Winner



181 Runners line up at the start on a rainy December Day



Ashley Dustow and Doris Windsand were the Men's and Women's Masters Winners



Ron Pate gives instructions



## **Running In Bermuda, the Atlantic Hawaii**

*By Bill Beauchamp Photo by Bill Beauchamp*

In January (2008) I had the pleasure of competing in Bermuda's International 10K. This is part of their International Race Week-end that is made up of four race programs. There is a one mile race on Friday, a 10K race on Saturday, and on Sunday, a half-marathon and a full marathon.

Old age limited me to the 10K but the more adventurous tackled the 1 mile, the 10K, and either the half or full marathons to qualify for the Bermuda Triangle Medal!

I'd say it was the most enjoyable run I've ever done (editor's note: that is saying a lot as Bill has run races on all seven continents). Bermuda is a beautiful island, friendly warm-hearted people, great weather, and comfortable accommodations—you can't beat it! It is a small island, just 21 square miles in area, with a population of about 65,000, and is located about 600 miles east of the Carolinas.

Marathon Tours of Boston put on a group package that included staying at the Fairmont Hamilton Princess Hotel, the premier hotel in the capital city of Hamilton. The Bermuda Track and Field Association put on the races and also hosted a welcome reception for all runners at the Fairmont on Friday night, a pasta dinner and guest speaker on Saturday night, and an awards ceremony/reception attended by the Governor on Sunday, at the hotel.



**Bill Beauchamp in Bermuda**



# **FLEET FEET**

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# SCENES FROM THE BOSETTI 10 RACE January 1, 2008

Photos by Tesh Teshima



The top finishers, left to right,: Lisa Obara, 1st Women, Jens Nielsen, 2nd Men:, Todd Iacovelli, 1st Men, Kristin Ali-Keith, 2nd Women



Volunteers at work, left to right,: Geoff Howard, Mac Kempshall, and Joan Davis



John Hinrichs finishes the race



Left to Right: Borys Ple-skacz, Michelle Ly, Adam Kern, Nick Kern



J. B. Nation



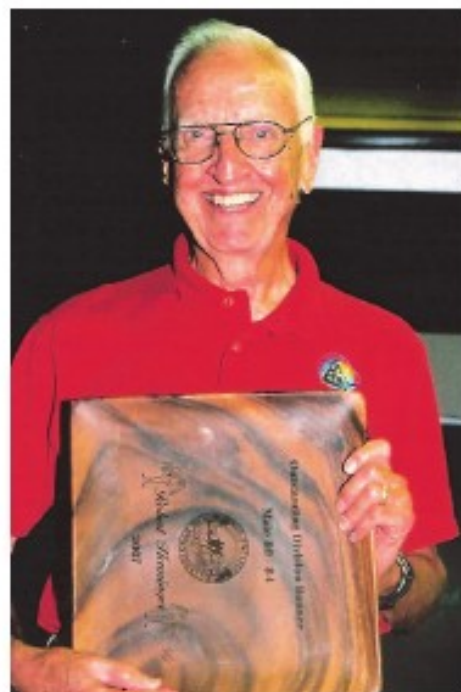
## SOME SCENES OF THE OUTSTANDING RUNNER AWARDS FOR 2007



Andrew Taylor M25-29



Joy Schoenecker F65-69



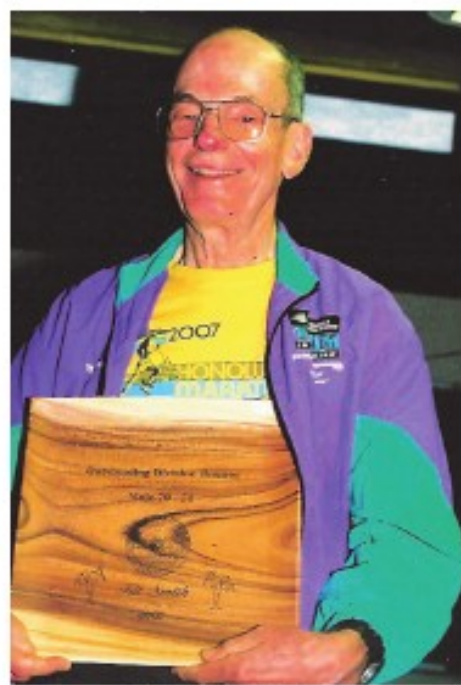
Bob Henninger M80-84



Ellen Humphrey F75-79



David Carlsson M40-44



Kit Smith M70-74

*Photos by Tesh Teshima*

## SCENES FROM THE BOB AND RON'S RACE, January 6, 2008

*Photos by Tesh Teshima*



Gina Shaw Female Overall Winner



Kensuke Taylor Male Overall Winner



Laurie Sloan



Tom Peterson



Eric Osaki, Wayne Oshiro, Limu Furtado, 3 of the race's 134 finishers



Chuck Strang



Kane On-Osorio



John Simonds giving race instructions



## MORE BOB AND RON SCENES



Aaron Pierson  
2nd Overall



Lou Tomsic



Asti Tomsic



Hi, Ray Woo here again.

It was nice to see so many of you at the Great Aloha Run Expo. Our booth got lots of visitors during the two day event preceding the Run, which was a wonderful kick-off for the coming year. To continue the momentum, be sure to sign up for the upcoming Mid-Pac races, including the Honolulu marathon Series. Keep an eye out for the entry promotions for Hawaii residents and the early entry application for the Honolulu will save you money too.

As you know, there are lots of great events coming up, so be sure you're ready for a great year of running. And when it comes to gear, Runner's HI is the place to come to. We've got a complete line of the top names in the industry, and a lot of the top runners in the state depend on us for their gear

We also offer the services of a podiatrist; Clayton Arakawa, who offers orthotics—which means in-soles—to make sure you have the most comfortable shoes you can get. He's in the shop three times a week, and once we fit you with shoes, he checks out your feet and fits the shoes with customized in-soles if need. His services are just another of the related things we offer—introducing you to the products and people who can make your running experiences as good as they can be.

So, if you haven't been out to see our shop and our services, come give us a visit and join the hundreds of runners who count on us for everything they need in their training and competition. And don't forget our weekly training runs on Tuesday.. We meet at the store at 5:30 pm, run a variety of routes and distances, and end up at the store for snacks and drinks and sharing our running adventures. It's usually about 30 people, young and old, male and female, with one thing in common—love of running. Give us a call at 488-6588 for details on how to get here or to talk about what you need.

Ray Woo,  
Owner and Manager  
Runner's HI  
98-390A Kamehameha Hwy.  
Phone: 488-6588

(Advertisement)

# SCENES FROM THE HAROLD CHAPSON MEMORIAL 8K RACE February 3, 2008

*Photos by Tesh Teshima*



Sandra Ferreira Female Overall  
Winner



Ahrlin Bauman Male Overall  
Winner



Chris Mewhort



Paul Imperial, Terri Kind-  
ness



Phyllis Kadota



Left to right: Chris Larson, Jonathan Lyau, Chris-  
tian Madsen, Tim Marr, Mike Ferreira, Christian  
Friis



Left to Right: Anne Campbell (from Australia),  
Halina Zaleski, Catherine Chan-Halbrendt



**SCENES FROM THE FILES** *Photos by Tesh Teshima*



Geoff Howard and friends



Rani Tanimoto and Mina Casey-Pang in Japan  
pictured with World Class runner, Yoshihisa Hosaka



John Simonds signing the checks for Officer Higa



Ken Best, Scotty Andersen, Mike Pietruszewky



Tom Craven



Katey Mobley and personal trainer



Aaron Pierson, Marie Kuramoto,  
Johnny Landeza

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

President.....Paula Carroll..... 375-0917

President Emeritus.... Bob Doleman

Past President.....Helen Chisum.....373-3609

President-Elect..... David Carlsson.....955-1939

1st Vice-President..... John Simonds ..... 373-3609  
(Race Operations)

2nd Vice-President....Andrew Taylor.....927-0284  
(Administration)

3rd Vice-President.....Bill Beauchamp....395-7154  
(Public Affairs)

4th Vice-President.....Joan Davis.....955-0902  
(Volunteer Coordinator)

Secretary.....Halina Zaleski.....349-1984

Membership  
Coordinator.....Paula Carroll.....375-0917

Newsletter..... Bob Henninger.....422-0732  
Lyle Nelson.....941-1988  
Kim Jacobsen.....737-8747

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Webmaster.....Bart Mathias.....732-3061

USA Track & Field ..  
Liaison.....Dick Sutton.....422-4694  
Hawaii RRCA Rep....Joan Davis..... ..955-0902  
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