



The Mid-Pacific Road Runner



Post Office Box 2571 • Honolulu, Hawaii 96803 • www.mprrc.com . Vol VII, Number 2 • Summer 2008

WINNERS OF THE MID-PACIFIC RRC RACES



Andrew Taylor

Johnny Faerber 10 K

Sunday, March 9

Kapiolani Park



Kate Dilworth



Kelly Lyau

Pearl Harbor Bike Path 10 K

Sunday, May 11

Lehua School



Joseph Barlyanga

(Photos by Tesh Teshima)

THE PRESIDENT'S FORUM



Paula Carroll, MPRRC President and Membership Coordinator

Aloha fellow Mid-Pac members,

Running season is in full swing and I know you are out there hitting the pavement and trails. This is a beautiful time of year so enjoy it before the heat becomes unbearable. Thank goodness for the trade winds most of the time..

Coming up next on the calendar is the Aloha State Games 10K on 22 June at Kapiolani Park. Check the web-site for further details or call 955-0902. This is not a club race but we are a sponsor. Following that are two back-to-back Club runs in Kailua. The first is the Lanikai 8K race on 13 July and a week later is the Kailua Beach Run, literally on the beach, on 20 July. The Lanikai race is sponsored by Club members Dr. Joyce Cas-sen and Norm Levey in memory of their son, Daniel Levey, who died at a young age in a hiking accident.

Then it's time to ramp up for the Marathon Readiness Series beginning in August—five races in progressive lengths to prepare you for the Marathon in December. This has been a very popular series since its inception in 1998. For several months now the word has been out that the Club planned to contract out the Series due to its ever increasing size, so much so that the volunteers were unable to keep pace. We are in the process of contracting with Boca Hawaii LLC and look forward to another successful Series...Raul claims bigger and better! Since Boca Hawaii will be setting the price, I can only speculate on the following points although we have been assured of these in our negotiations. In the past, usually around June, members have been able to prereg-ister. We're hoping this will be the case again this year (yep, I know, June is just about here!). Then there's good news and bad news...the bad news first. Safety patrols by the City Police have increased significantly for all road events on Oahu since about spring of last year, not that that is bad. Probably pedestrian accidents and deaths were what brought this to the forefront. The Club hadn't anticipated this when we set last year's fee schedule for the Series. The bad news is that fees will be considerably higher this year, for our safety. Re-mem-ber though, there're five races and I'm sure it will still be a good deal. The good news is that the differen-tial between fees for members and non-members will be sizeable. In other words, it pays to be a member of MPRRC. So talk your running friends and cohorts into joining Mid-Pacific Road Running Club. Now THAT'S a good deal!

Upcoming Events through August 2008

3 June	Executive Committee meeting, 6 pm, Ag Sciences Bldg on campus*
22 June	Aloha State Games 10K, 7 am, Kapiolani Park
13 July	The Lanikai Bikepath 8K in Memory of Daniel Levey, 7 am, Kailua boat ramp
20 July	Kailua Beach Run, 7 am, Kailua boat ramp
17 August	Norman Tamanaha 15 K, 6 am, Kapiolani Park

*Normally there are Executive Committee meetings monthly but the date isn't settled until the meeting prior. Please contact Paula Carroll at paula-carroll@hotmail.com or 375-0917 for dates and times if you're inter-ested in attending a future meeting.

My professional duties require frequent travel for the preparation and conduct of educational projects in many parts of the world, particularly in the Asia-Pacific region. My suitcase for such trips always includes running gear. When I head for a wintry climate, I pack sweaters, long training pants, gloves and a warm cap, ready for any temperature. Regardless of the time zone, I set my alarm or request a wake-up call at my hotel for an early morning run before breakfast. I found that this routine reduces jet lag and keeps me alert for meetings and activities.



Sig Ramler finishes a Val Nolasco Race

In a city abroad, whether in Asia or Europe, I deliberately run at a moderate pace, stopping when I come to an interesting spot. Sometimes I consult a city map to chart a course to a particular site. More often I run at random, discovering areas with special characteristics or architecture.

Those early morning runs abroad have become a special and enjoyable form of sightseeing, a way of joining a city as it wakes in the morning. To my mind, these are experiences far superior to a bus ride with tourists and a guide! Let me cite a few locations which I have enjoyed over the years.

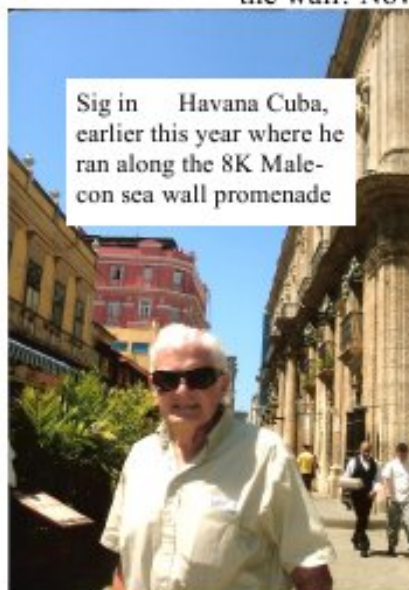
Tokyo: From my hotel, usually centrally located, I run to the imperial palace grounds and proceed on a 3K circular course around the moat, experiencing the most attractive parts of central Tokyo. You meet many runners along this course, both Japanese and "gaijin" (foreigners).

Beijing: From my hotel, if located downtown, I run to the famous and huge Tiananmen Square, cover the perimeter of the square with the backdrop of the Forbidden City, Great Hall of the People, and Mao

Editor's note: Club member Sig Ramler, 83, is a most unusual person. Born in Vienna, he settled in Great Britain when the Nazi's annexed Austria. He served in the US Army and was an interpreter at the Nuremberg war trials, having personal contact with Goering, Speer and other Nazi leaders. Sig came to Hawaii in 1949 and became a faculty member at Punahou School. He founded the Wo International Center there and ultimately became the Director of Instruction. He is now a Senior Adjunct Fellow at the East-West Center and leads cultural exchanges specializing in education between our country and others of the Asia-Pacific Area. Sig lives in Maunawili with his wife, Kiyoko.

Mausoleum, sometimes joining groups on the square who are flying kites.

The Great Wall: In 1979, the year China opened up, I took the train from Beijing to the Great Wall access, about a 2-hour ride, changing into running gear, and running up the steep 45 degree incline for as long as the path was paved. At that time there were hardly any foreigners in China and I was a curiosity to the Chinese crowds—a strange foreign devil running up the wall! Now cable cars take crowds of visitors up the wall.

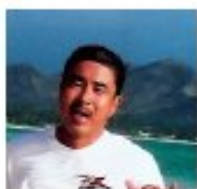


Sig in Havana Cuba, earlier this year where he ran along the 8K Malecon sea wall promenade

Paris: A wonderful city for random runs! A favorite run: circle the Luxembourg gardens, then run to one of the bridges and down the banks of the river Seine.

I could go on—runs in Rome, a nostalgic run in Vienna, my birthplace, along the Donaukanal, where I played as a child, but you get the idea—take your running shoes to places of interest and enjoy!

MEET OUR MEMBERS BY Lyle Nelson



KENJI IWASA recently ran the Loire Valley Marathon in central France. It only drew about 1000 runners and finishers received wine. Kenji has been in Hawaii 22 years, came originally from the Osaka area. He lives in Waikiki, is a property management executive, does his training runs from Ena Road to Kahala. His wife, Kai, doesn't run but Kenji does



ROGER SCHLAGHECK does his training runs up Kolekole Pass and on the track at Schofield. A native of Toledo, Ohio, Roger lives in Waikale, worked as a civilian for the Defense Department in telecommunications, served in Pisa, Italy, and Stuttgart, Germany, for 22 years.. In his nine years in Hawaii he has done five marathons. His wife is Charito. Roger is a Penn State football fan.



MARIO ABRAMSON is a paralegal with the Army at Schofield Barracks since last October. His 17 years in the Army took him to Germany for 10 years, to Korea twice, Ft. Lewis, and Ft. Sill. A native of Dorchester outside Boston, he has enjoyed running since his basketball days as a kid. The Abramson family lives in Kaneohe. He is training for the Oklahoma City Marathon.



LINDA MORAN was an Army "brat", therefore, she lived in Texas, Kansas, New Jersey, Okinawa, went to 11 schools. She started running to be a role model for her kids who ran cross country and track at Waipahu High. Born at Tripler, Linda earned a business degree at LSU and is in sales for a corrosion control company that fights rust. Her husband is Richard. Linda has done 10 marathons, is a triathlete, has run tethered to the blind.



JOYCE SPOEHR has done 48 marathons starting with Honolulu in 1979. She has also paddled the Molokai race nine times. Joyce lives on Vancouver in lower Manoa, is a program director at the Foster Botanical garden. Married with two children. Joyce hails from Middletown, Connecticut, finished at the University of Hawaii as a physical education major after attending the University of Bridgeport.



CAROLE HIGA recently ran up Haleakala and the next day completed the Hilo Marathon. She's tough. Carole took up running to lose weight and keep company with her husband. Carole went to Farrington HS, UH, teaches first grade and kindergarten, lives in Waipahu. She has two children. She ran Boston twice and the Port Angeles Marathon on the Olympic Peninsula, Washington

MEET OUR MEMBERS by Lyle Nelson



HARRY SIEGMUND, a native of Madison, New Jersey, took Navy ROTC at Columbia, came to Hawaii in 1959 with the submarine Tang. Now he's a retired captain in the Navy Reserve. In Hawaii 32 years, his first Honolulu marathon was in 1986. he took up running in his 40s to get in shape. Now Harry is a CPA, lives in Kailua with his wife, Peggy Ann,



JEFF FONG enjoyed the perfect weather in the recent Boston Marathon. Jeff ran cross country and track at Maryknoll, is now seeking a masters degree at the University of Hawaii. He's single, works as a cultural survey management consultant. The Honolulu native ran his first marathon in 2001.



MIKE FERREIRA took up long distance running at the age of 20 to keep his sanity, he says. His best was a 2:37 in Boston in 2000. He's been in the Coast Guard 23 years, is now a top master chief stationed at Barbers Point. He did a 2:45 flat in his first marathon (Jacksonville, Florida). Assigned to Hawaii in 1992, he returned for a second tour here in 2004. Mike is from Newport, Rhode Island. Mike's wife Sandra is also an elite runner.



ROSEMARY ADAM-TEREM started running 10 years ago using the Sunday Marathon Clinic for inspiration. She is a clinical psychologist for adults and is in private practice, Rosemary reached Hawaii 10 years ago. Born in Shillong, India (Assam area), she then lived in Great Britain and Turkey. She now lives in Palolo with her husband who teaches at Chaminade.



MICHAEL SULLIVAN recently ran the Boston Marathon. He grew up in Ashland, a town close to the race starting line. He ran indoor track and cross country in high school but didn't get to college until past age 40. Once a Navy submariner, he graduated in English from UH and is now in graduate school studying composition. He's single, lives in Moiliili.



ALFREDO AROMIN, whp runs almost every day, is a mailman in Aiea. Born in Manila, he has completed 29 marathons, and a few ultras. Like Carole Higa and Tom Craven, Alfredo went up Haleakala and the next day ran the Hilo Marathon. He lives with his wife and daughter in Aiea, is doing 66 miles a week to prepare for the Kona Marathon.

JOHNNY FAERBER 10k RACE • MARCH 9, 2008

The first of the qualifying races for the 2008 MPRRC's Outstanding Runner awards took place at Kapiolani Park at 7:00 am. The overall winners were: Female, 1st, Kate Dilworth (45:37), 2nd, Kimberly McLean (45:37), 3rd, Patricia Havey (46:06). Male: 1st, Andrew Taylor (35:25), 2nd, Pete Boksanski (35:55), 3rd, Martin Murphy (36:43). There were 273 finishers. Go to our website (www.mprrc.com) for complete result listings.



Johnny Faerber

Retired UH Cross-country Coach and founder of Faerber's Flyers, originally a women's running group, now open to men also, that runs weekly at the UH track, He has moved to Oregon.



Upper: Kate Dilworth, Patricia Havey, Kimberly McLean (l/r)



Middle: Pete Boksanski, Andrew Taylor (l/r)

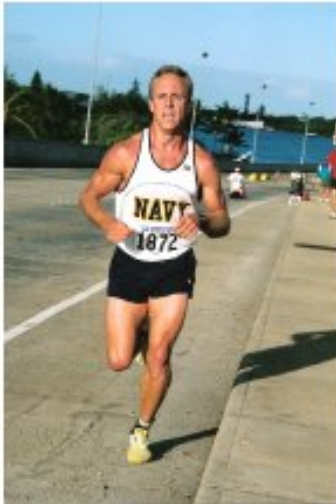
Bottom: Harry, Siegmund, Bob Doleman, Beth Blackburn, Joan Davis (l/r) Bob Doleman (past MPRRC president) and Joann in from Germany.



Photos in opposite column: Top left: Shirl Alvaro, Janet Fallon, Joann Doleman..Bottom left: Michael Georgi. Top right: Tom Craven (1st male Faerber's Flyers president), Ron Pate. Bottom right: Helen Chisum.

FORD ISLAND 10k Run • APRIL 5, 2008

Over 1600 runners lined up at the Admiral Clarey Bridge to begin the Ford Island run, one of Oahu's favorites. They will cross the bridge, circle Ford Island (passing the Battleship Missouri) and return, ending at Richardson Field in Pearl Harbor Naval Base. The overall winners were: Female, 1st, Gina Shaw (39:07.5), 2nd, Belinda Wray (40:55.2), 3rd, Jo Cinter (42:13.8). Male, Rich Cochrane (33:06.3), 2nd, Pete Boksanski (35:04.1), 3rd, Ryan Gillia (35:10.6). For a complete listing of times and age group winners, visit our website, www.mprrc.com and, select "race results" and Timeline timing.



Rich Cochrane



The Ford Island Race underway. Looking from the start line toward Ford Island in Pearl Harbor.

(Photos by Tesh Teshima)



Gina Shaw

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Women's Widths

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NARROW	MEDIUM	WIDE	X WIDE



PEARL HARBOR BIKE PATH 10 RACE • MAY 11, 2008

This race was the second of the eight qualifying races used to determine who will get the 2008 MPRRC Outstanding Runner awards. Awards are given for overall and 5-year age divisions, male and female. Even if you missed the Johnny Faerber 10K and this race, you can still qualify by finishing five of the following races during the year. The remaining qualifying races are: the Lanikai Bikepath 8K race in memory of Daniel Levey, the Norman Tamanaha 15K, the Windward 25K, the Niketown 30K, the Val Nolasko Half-Marathon, and SAM's 5K. The overall winners in the Pearl Harbor Bikepath 10 K were: Female: 1st, Kelli Lyau (44:22), 2nd, Lynne Daly (46:01), 3rd, Rebekah Oldham (47:25). Male: 1st, Joseph Bariyanga (37:41), Craig Knohl (37:58), 3rd, Kyle Riewiorski (38:14). 87 runners finished the race.. See www.mprrc.com for complete results listing.



Left: Lou Tomsic
leads the start

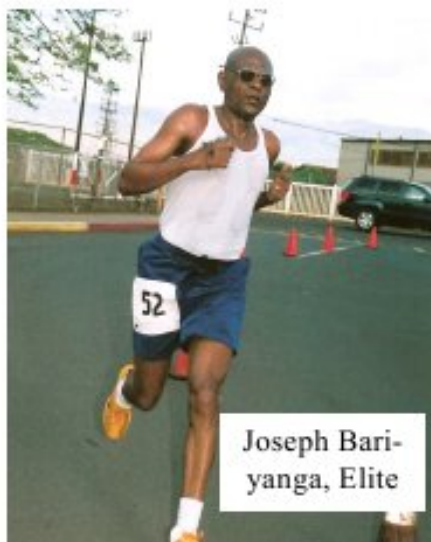


Right: Gary
Fanelli, Jr. finishes
1st for age 10-14

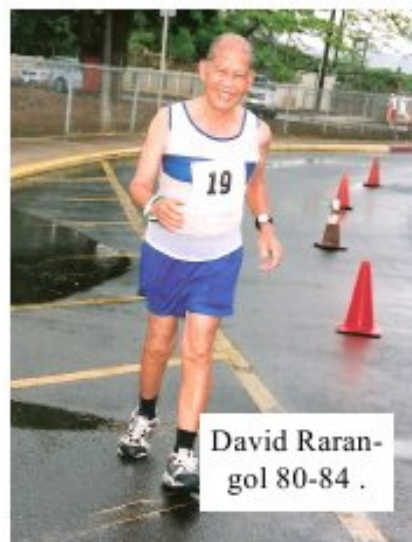
Below: Elite, young
and old, share a
lifetime experience



Kelli Lyau;
Elite



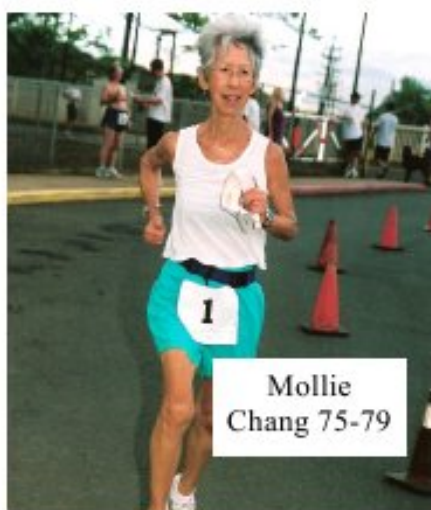
Joseph Bari-
yanga, Elite



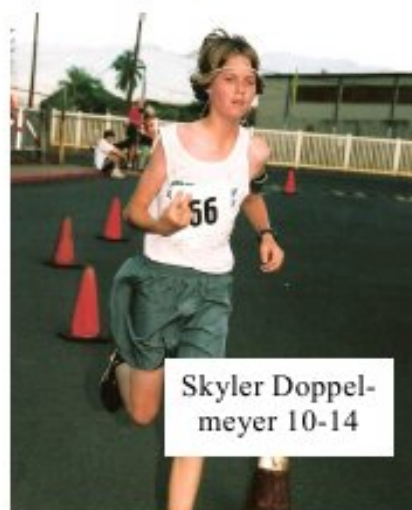
David Raran-
gol 80-84 .



Nadia Knohl
10-14



Mollie
Chang 75-79



Skyler Doppel-
meyer 10-14

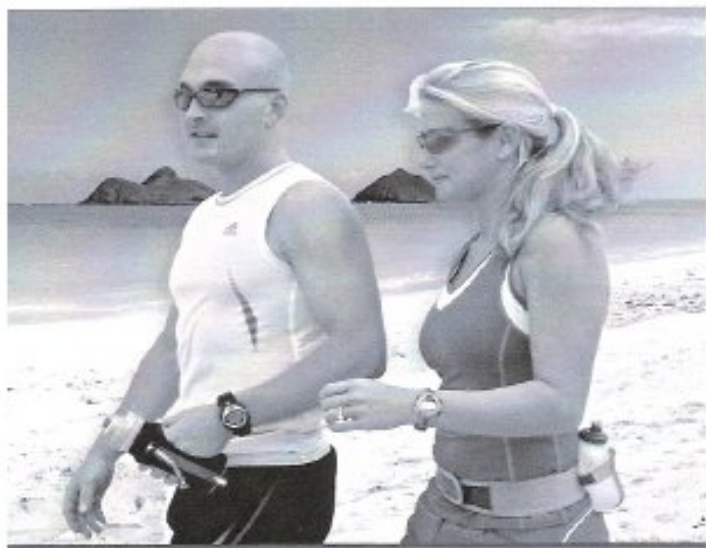
ROAD-RACE VOLUNTEERS

We show pictures of runners, record their times, keep track of their order of finish, and provide awards for the leaders. Yet, at the same time, there are many who give their time and effort to make this all possible and get none of the above recognition.

They facilitate registration, packet pick-up, course layout, timing, course marshalling,, refreshments, award ceremonies, and behind the scenes logistics.

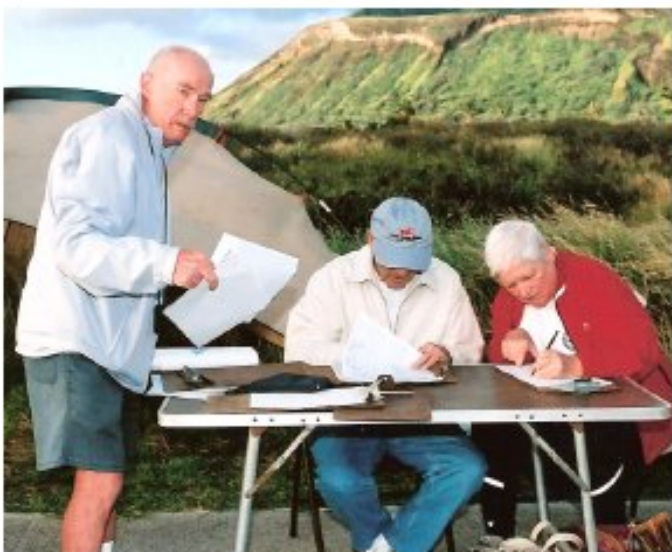
Mid-Pacific Road Runner wants to thank all of these volunteers and we want to give them recognition. Their help is really appreciated!!!

Recognition of volunteers has to start with **Joan Davis** our club Volunteer Coordinator. Joan has willingly taken on this responsibility for years. (Call her at 955-0902 to assist as a volunteer).



FLEET FEET

Sports
KAILUA



Top: Geoff Howard, Mac Kempshall, and Joan Davis
Bottom: Bill Cunningham adds ice to the water



(Photos by Tesh Teshima)

**Summer Running Programs
Beginning June 16, 2008**

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Ask about our drop-in cards!

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WAHIAWA PINEAPPLE 10K RUN • MAY 10, 2008

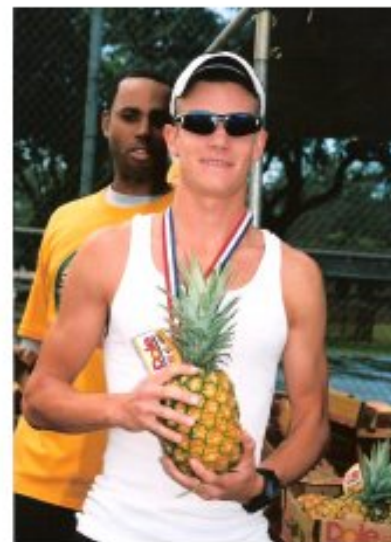
The 33rd annual Wahiawa Pineapple Run started on Kilani Street near Kaala Elementary School in Wahiawa. This is a popular race, with every finisher receiving a fresh pineapple. The overall winners were: Female: 1st, Jo Cinter (46:29.1), 2nd, Melissa Rota (50:39.8), 3rd, Jen Davenport (51:23.6). Male: 1st, Kyle Wiewiorski (40:35.2), 2nd, Brian Lauer (42:07.5), 3rd, Val Umphress (42:13.5). 619 runners finished the race and received their pineapples. See www.mprrc.com (select Timeline button) for complete race results.



Jo Cinter 1st Overall (F)



Over 600 runners line up at the start



Kyle Wiewiorski 1st Overall (M)



Ken Mohica 1st 70 plus



Val Umphress 2nd Overall



Melissa Rota 2nd Overall



Ryan Gillia



Barbara Zamparelli, Shirl Alvaro, Vera Ross (l/r)



Lyle Nelson

MORE ROAD-RACE VOLUNTEERS



A better look at Mac Kempshall (than on page 9)



Paul LaPage hands out chips



Marie Boles and Bart Mathias

Thanks again to all of you and many, many more!

(Photos by Tesh Teshima)



Hi, Ray Woo here again.

This has been a very good year for running, and more and more people of all ages are discovering that it is a great way to keep fit, to meet people, and see parts of the Islands that they haven't explored before. As most of you know, we are a full service store in Aiea serving all of your running needs, and as a runner myself, I've met a lot of you at races over the years.

While providing a full range of top brand running gear is our mainstay and the reason we get customers from all over the island, we also try to stay on top of items that enhance your running experience and can help you keep track of how you are doing in your training and racing experiences. GPS technology has been taking the running world by storm over the past few years, and we stock the Garmin and Timex brands which we consider to be the best in the business.

You can use GPS to tell you how far and how fast you've run where ever you are, whether in training or in a race, and you can keep records of all these times. This can include your distance, your pace, and even the calories you have burned.. Moreover, you can download from your iPod to your computer and your workout and race information can be saved on line to compare race to race or year to year.

GPS systems are not cheap. They run from about \$200 to \$350, depending on how much information you need or want, but if you spread that cost out over 5 or 10 years, you're looking at maybe a dime a day to keep a complete record of your race and training times, your time by distance, as well as your improvement from month to month or by distance.

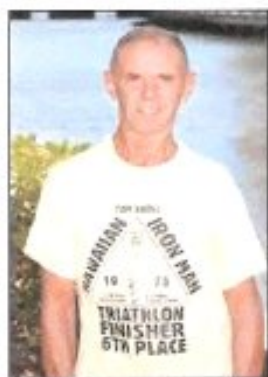
Come by and have a look at these systems up close, see how simple it is to keep track of your pace, your times, and have a history of your running!

We'll see you at the store!

Ray Woo,
Owner and Manager
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(Advertisement)



Freedom Run Across America starts March 1st, 2008



The 2008 Freedom Run across America is dedicated to raising funds for the Wounded Warrior Foundation, which assists wounded veterans and their families, the Sunshine Foundation, which grants wishes to seriously ill and abused children, and the Challenged Athlete Foundation, which assists disabled athletes.

The run will be led by original 1978 Ironman Tom Knoll, now age 75, and his son, Warren, 44, who will both run 3,300 miles from coast to coast. Warren will also bike across the country, possibly marking the first time an individual has both run and biked cross-country in the same event. This will be Tom's second cross-USA charity run. In 1983, Tom ran across the United States for the Sunshine Foundation in 64 days, averaging 46 miles per day.

The run will start at the San Diego, California Marine Corps Recruit Depot on March 1st, 2008 and finish at the Marine Corps Memorial in Washington, DC on July 4th, 2008. It will consist of 112 days of at least 30-mile runs.

Tom has completed 185 marathons and ultramarathons, some of which were 100 miles in length. In addition, he has completed nine 250-mile charity runs and one 500-mile charity run around the island of Okinawa for the Shriners and crippled children. He did a Labor Day 300-mile charity run in 3 days and 7 hours for Jerry Lewis and muscular dystrophy, raising over \$25,000 in that one event.

Tom is well over the half-million dollar charity mark and expects to reach his lifetime goal of raising \$1 million plus for charity with his 2008 cross-country run.

Tom spent 33 years in the Marine Corps, and is a Korea and Vietnam veteran. After 9/11, at the age of 70, he served in Afghanistan and Iraq for a government intelligence agency. Tom now teaches aboard Navy ships for Central Texas College and resides in Honolulu, Hawaii. He is the author of the book, *Why Not a Million?*, which includes details on the conception of the Ironman Triathlon, the Okinawa and Jerry Lewis runs, and his 64-day USA run.

Warren has completed 40 marathons and is a second-generation Ironman, having completed Ironman triathlons in Wisconsin, Florida, St. Croix, and New Zealand. He is a writer for Triathlete Magazine.

In the 2008 Freedom Run, Tom and Warren will each run the 30-mile distance each day. Then Warren will be driven back to the day's start and will bike the same distance.

Throughout the cross-USA run, runners, joggers, walkers, and wheelchair racers are encouraged to join in the run for whatever mileage they desire to do. Warren and Tom will do some public speaking on route to promote physical fitness among children, adults and senior citizens. They will also promote the March 2008 National Challenge of the President's Council on Physical Fitness.

CONTACT INFORMATION:
Freedom Run Across America
Director of Communications
U.S. Multi-Sport Athletic Events, LTD
5317 S. Lake Drive
Cudahy, WI 53110
414.483.5412
414.483.5435 fax
info@USFreedomRun.com
www.USFreedomRun.com



Update on Tom Knoll

Club member **Tom Knoll** and his son, Warren, are now past the half-way point on their incredible fund raising event, The 2008 Freedom Run across America (see opposite page). We last spoke with Tom when he was in St. Louis, Missouri. He sent his best to all and said that he will be glad when it is finished. Considering that they run an average of 30 miles a day, this has got to be an understatement of the year!

Warren posts updates on their progress on their website: www.usfreedomrun.com. Our best wishes and kudos to both! Nice Going!

Road Runners Club of America

Every MPRRC member is also a member of the Road Runners Club of America. This 50 year-old organization represents clubs all over the nation. **Joan Davis** represents our club and she recently returned from their meeting on the Mainland.

RRCA publishes a quarterly newsletter, FOOTNOTES, that contains a variety of club information and news of events. It also sponsors National, Regional, and State championships. The newsletter is now available on the web at: www.rrca.org.

Big Island International Marathon Races

Club members did well in the marathon, 10.8 mile, and 5K races at Hilo, March 18, 2008. **Andrew Taylor** was the overall B.I.I. Marathon men's winner and **Craig Knoch** was an age division winner. Members who were age division winners in other races were: **Ellen Humphrey**, **Sherrie Sonomura**, and **Bob Henninger**. Also, **Susan Redpath** of Fleet Feet Kailua won her age division.

Lyle Nelson

Lyle Nelson, writer of our "Meet our Members" pages, received a tardy but well deserved age division win in the recent Great Aloha Run. As often happens in the GAR, entrants who cannot run race-day give their numbers away to others, not realizing the effect that has on age division competitors. This is what happened in Lyle's case. Credit the GAR for correcting it!

Jack H. Scaff, Jr.

Jack Scaff, Jr., a physician, founded the Honolulu Marathon Clinic, was the 1st president of the Honolulu Marathon Association, co-founder of the Great Aloha Run, and the Race Director of the 1997 H-3 Run. He is also President of the Hawaii Sports Foundation which has prepared a four page fitness brochure outlining the benefits of proper endurance exercise. The brochure was prepared as a public service and supported in part by an Education Grant from Pacific Cardiology, LLC.

The brochure lists the **Medical Benefits of Exercise** and note that **Life Choices can Save Your Life** and concludes, "Very simply put, when done properly, there is no other form of treatment, pill, medication or intervention as cost-effective as exercise". The brochure also tells about the free Marathon Clinic and welcomes beginners

This concise brochure would make a great handout for schools and other groups to promote fitness. For more information visit the Marathon Clinic website

: www.honolulumarathonclinic.org.

Also listed in the brochure is the Pacific Cardiology website:

[Www.pacificcardiology.com](http://www.pacificcardiology.com)

Some Reflections

Two long time races coming up deserve some special attention and support this year. The first is our MPRRC race, **The Lanikai Bike Path 8K in Memory of Daniel Levey (July 13)**. Daniel's mother, Joyce Classen, MD, has, and is, making the effort it takes to build this race. It was the last race her son, Daniel Levey ran before suffering a fatal hiking accident. She is donating shirts and books ("Daniel's Views") as well as getting refreshments such as Jamba smoothies.

The other race is the **10th Annual Rosie Wall Memorial 5K Run and Walk (Aug 24)**. We understand that this will be the final run, and Chuck Wall and Friends of Rosie Wall want to make it special.

SCENES FROM OUR FILES

Glimpses of events and members, past and present



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

MPRRC Newsletter pictures/articles, Send to:
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 4334 Hakupapa St. Honolulu, HI 96818

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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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