



# The Mid-Pacific Road Runner



Post Office Box 2571 • Honolulu, Hawaii 96803 • [www.mprrc.com](http://www.mprrc.com) • Vol II Number 4 • Winter 2008



**Sandra and Mike Ferreira join Tesh Teshima on a trip to Japan's Ichinoseki Half-Marathon. (See page 3)**

Pictured above in front of the Imperial Palace in Tokyo, Japan. Photo by Tesh Teshima

## THE PRESIDENT'S FORUM

Aloha fellow Mid-Pac members,

It is Honolulu Marathon time! We hope that those of you that ran the Club's Marathon Readiness Series to prepare for this event, found the Series both helpful and enjoyable.

This was our first year of contracting out the Series to 808 Race, LLC, and in spite of a few minor glitches, the Club's Executive Committee believes it was a good decision and the right thing to do. The Committee will be meeting with 808 Race, LLC, sometime in February to review this year's events in an effort to make next year's Marathon Readiness Series even better. To this end, I welcome constructive ideas for improvement. The bottom line on this year's five-event Series is an increase of \$2000 per race to the Club's coffers and very little struggle by volunteers to make it happen, vast improvements over years past.

The annual Marathon Readiness Series Awards event will be held on Friday, 16 January. This is in recognition of the top three age-group winners in the Series five events. To see if you're in contention go to [www.mprrc.com](http://www.mprrc.com), click on "Race Results", next click on one of the Series' races and at the top there is the statement: (Combined results for for the five Series races [here](#)). This will take you to the overall standings. Check it out! If you're near the top in your division, save the date and wait for the invitation.

February 2009 marks our annual Club meeting with the election of officers for the next year and the presentation of running awards. More than likely the meeting will

be held on 20 February at McCoy Pavilion in Ala Moana Park. Watch for announcements on the Mid-Pac website. In addition to elections, the Club recognizes members with age-group running performance awards— and Outstanding Runner awards—one each, male and female. It's a very complicated system, based on eight races throughout the year, and again, the race rules and standings are available to be viewed on the website. Bart Mathias, the Club's statistician and webmaster, does a fabulous job of keeping the information up to date.

As always, we are looking for volunteers to fill the positions listed under "Contacts" If you're interested in giving back to the Club, please contact any Committee member and express your willingness to serve.

So this is December, the end of 2008, but we are already off and running in 2009, literally. Thursday, 1 January is the Bosetti 10K in Hawaii Kai followed soon after by Bob



Paula Carroll  
Club President

and Ron's 5K on Sunday, 11 January Then the Harold Chapson 8K on Sunday, 8 February and the Johnny Faerber 10K on Sunday, 8 March. I hope you've been nice, not naughty, so Santa will bring you a new pair of running shoes for 2009!

Happy Holidays!! PS. Keep abreast of upcoming events and announcements through [www.mprrc.com](http://www.mprrc.com) and 295-MPRRC

### 2009 MPRRC Race Schedule 2009

- Thursday, Jan. 1, Bosetti 10K, 7 am, Hawaii Kai
  - Sunday, Jan. 11, Bob and Ron's 5K, 7 am, Kapiolani Park
  - Sunday, Feb. 5, Harold Chapson 8K, 7 am, Kapiolani Park
  - \*\*\*Sunday, March 8, Johnny Faerber 10K, 6 am, Kapiolani Park
  - \*\*\*Sunday, May 10, Pearl Harbor Bike Path 10K, 7am, Lehua School
  - Sunday, June 21, Aloha State Games 10K, 7 am, Kapiolani Park
  - \*\*\*Sunday, July 12, Lanikai 8K, 7 am, Lanikai Bike Path
  - Sunday, July 19, Kailua Beach 8K, 7 am, Kailua Beach
  - \*\*\*Sunday, Aug 16, Norman Tamanaha 15K, 6 am, Kapiolani Park
  - Sunday, Sep. 6, Kalaeloa 20K, 5:30, Kalaeloa (Barber's Point)
  - Sunday, Sep. 20, Old Pali Road 4.4 Mile, 7 am, Kailua
  - \*\*\*Saturday, Sep. 26, Windward 25K, 5:30 am, Kailua Intermediate
  - Sunday, Oct. 11, Tantalus 10 Mile, 6:30 am, Makiki
  - \*\*\*Sunday, Oct. 25, Niketown 30K, 5 am, Kapiolani Park
  - \*\*\*Sunday, Nov. 8, Val Nolasco Half-Marathon, 5:30 am, Kapiolani Park
  - Sunday, Nov. 15, Senior Olympics, 7:30 am, Kapiolani Park
  - \*\*\*Sunday, Dec. 6, SAM's 5K, 7 am, Kapiolani Park
- \*\*\* and underlined denote races which qualify for the annual Outstanding Runner Award. Mark your Calendar!



## A DREAM TRIP TO ICHINOSEKI, JAPAN BY Tesh Teshima

I met Mike and Sandra Ferreira at Narita Airport in Tokyo. We were greeted by Kayano-san, the tour guide. We had to push our luggage (each of us) from the underground subway to the Yaesu-Fujiya Hotel, about a half mile away. We slept one night in Tokyo and ran an easy 5K around the Imperial Palace.

After breakfast, we took the Bullet Train (Shinkansen) to Ichinoseki which took about 2 1/2 hours. The ride on the speedy train is so relaxing...I love to look out of the windows and see the countryside and different towns.



Arrival at Narita Airport, Tokyo

When we arrived in Ichinoseki, there were a group of people from the race committee waiting for us. They pushed our luggage to the Sun Route Hotel, headquarters for the marathon. They assigned Mike and Sandra their running numbers. We got ready for the banquet for the elite runners, coaches, sponsors, and officials. We had the head number one table. Mike and Sandra read the greetings from our Lt. Governor, Duke Aiona, and Mayor of Honolulu, Mufi Hannemann. The banquet was held at a smaller hotel about 5 minutes away from our hotel. The food was excellent with so many courses. For drinks they had Ichinoseki sake, beer, tea, cola, and whatever for toasts. Bonsai !!

We came back to the Sun Route Hotel early, 7:30 PM. I got up at 5:00 AM to check the the Sunday weather (Raceday September 28, 2008) It was a clear day and already light. After breakfast, we boarded the bus to City Hall at 8:30 AM. That was where the race starts. It's quite different from the Hawaii races.

(photos by Tesh Teshima)

Ichinoseki starts at 10:00 AM because of the cool weather. There were about 2000 for the 5K, 10K, and half-marathon. We met Yoshihisa Hosaka (age 59) at the start of the race. He is the best masters runner in Japan.



Mike, Sandra, and Yoshihisa Hosaka

Mike ran the half in 1:22; Sandra in 1:28 Yoshihisa in 1:17. He was first in his age division, Mike, 6th, Sandra 7th, in their age divisions.

That evening, we were invited to a Ichinoseki Teahouse party where 25 officials toasted us. They gave us so many gifts and warm wishes. We also brought gifts for everyone. One man gave me the first Ichinoseki emblem. He said it was one-of-a-kind. I thanked him from the bottom of my heart.

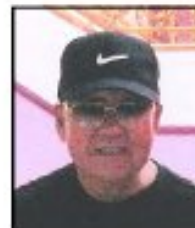


Mike/Sandra at Ichinoseki Teahouse

On our last day, we visited Geibikei on the outskirts of Ichinoseki. This fantastic trip is in the water and pushed on a large boat by a man who sings ancient Japanese songs. His voice echos off the walls of the canyon.

It is beautiful.

Editor's note:  
Tesh is the ever present photographer at Mid-Pac races with his black



cap, camera, and smile. Tesh actually went first to Bangkok to visit friends, and to Pattaya, before flying to Tokyo to meet Sandra and Mike Ferreira, elite runners and MPRR club-members. His story starts there. Tesh calls it his 'Dream' trip.

We returned to Tokyo on the Bullet Train and went to the Yaesu-Fujiya Hotel again. There was a Karaoke Party in Shinjuku at Miss Lee's Korean Bar that evening and Kayano-san and Sasaki-san took Mike and Sandra to the party. I went to see my relatives in Tokyo. I heard that Sasaki-san sings like the Frank Sinatra of Japan. He is very good!

The following day, we all went to Asakusa to shop for gifts, ride the boat under 14 Tokyo bridges, go to a Tea Ceremony; and eat a buffet lunch near the Tokyo Tower. It was a beautiful, unforgettable trip.

Khop Khun ta & Aloha!



Mike, Sandra, Tesh, and Guide  
At Asakusa shops

## MEET OUR MEMBERS BY Lyle Nelson



**MARK HOUGHTON** has done 16 marathons since 1999, is a vice president at Young Bros. maritime freight haulers. Born in Everett, WA, Mark played football, baseball, basketball, ran cross country and track in high school in The Dalles, OR. His marathon resume includes New York, Boston, Vancouver, and Seattle. His son runs for Kaiser High, his fiancée, Masako Sagawa, also runs.



**SHIRL ALVARO** has logged 60 marathons in 20 years plus the Run to the Sun at Haleakala. From South Bend, IN, Shirl has been in Hawaii 30 years, teaches nursing at the University of Hawaii and also has taught at HPU. Unmarried, she lives in Hawaii Kai, her son is in Thailand, her daughter at Roosevelt High. Running relieves stress, she says.



**JOY SCHOENECKER** is a veteran athlete, paddling from Molokai, running up Haleakala, Tinian, plus 13 marathons including Salt Lake City and Maui. Originally from Richmond, VA, Joy once worked for an engineering firm in the missile business while living in Ogden, Utah. She came to Hawaii in 1995. Joy now teaches at the University of Phoenix downtown. Unmarried, she lives in Hawaii Kai, has a daughter who influenced her to try running to relax.



**KAREN LOOMIS** joined the running boom in 1978. Single, she lives in Mililani and is retired from working in labor relations and human resources. She graduated from Roosevelt and Stanford, has done about 20 marathons, supports Title IX to level the sports field for school girls.



**STEVE DAVIDSON**, originally from Mineola on Long Island, NY, recently ran the New York City Marathon again along with 39,000 others. He includes Boston among his 15 marathons. Steve has been in Hawaii since 1991, lives Alewa Heights, likes to train on the marathon course. He's a certified financial planner, has a wife and two daughters in their 20s.



**TIMMY PLICK JR** of Kaneohe is 14-years old and a veteran of the Great Aloha run, likes to play volleyball, goes to St. John Vianney school in Kailua. His dad and sister are also runners.



## MEET OUR MEMBERS BY Lyle Nelson



**COSWIN SAITO** is a Kaiser doctor in rehab medicine with 47 marathons under his belt. He lived in Washington D.C. during military medical training at Bethesda and follows the fortunes of the Redskins. His wife and two children do not run. Coswin lives in Kahala, trains on the marathon course.



**SHARON TAKAHAMA**, a local lady who lives in Aiea, is a legal secretary and office manager. She's a race walker, does the Great Aloha, and tries to enter an event every month. She and her husband have training equipment at home but she also uses the Pearl Harbor bike path.



**HALINA ZALESKI**, born in England, raised in Saskatchewan among the "pig farmers," she says, has 13 marathons in her resume including Boston. She lives and trains in Palolo, is married to club member, Chris Mewhort, and is an extension service specialist at the UH in Manoa.



**JOSEPH ALLEN**, picks interesting marathon venues, Victoria, B.C. recently and both Boston and Berlin. He's done 11 and Sacramento is next. Joe is from Oswego, NY, on Lake Ontario. He retired from the Air Force and came to Hawaii in 2003. Running has helped knock off 80 pounds. Joe is a computer specialist for the Pacific Fleet and lives in Foster Village. He's married and has a daughter.



**SHERRIE SONOMURA** is a dietician with two degrees from the University of Hawaii. She's also single, a Punahou grad, a resident of Aiea and fond of San Francisco since she lived in the Bay Area for six years before returning home. As for running its been on and off , Sherrie says, as she tends to quit, only to resume training.



**ERWIN TABOADA** came to Hawaii in 1987 from the Cebu province in the Philippines. He is a carpenter and has logged 12 marathons since taking up running in 1996. Erwin is married, has two children, and lives in Wahiawa.

## RUNNER'S HI 20K

Sunday • September 7, 2008 • 5:30 am at Kalaeloa

### Top Male

- 1.....Timothy Marr.....1:11:29
- 2.....Andrew Taylor.....1:11:57
- 3.....John Flanagan.....1:12:45

### Top Female

- 1.....Gina Shaw.....1:21:29
- 2.....Sandra Ferreira.....1:24:25
- 3.....Mariane Marr.....1:26:12

While the 20K was in Kalaeloa, as before, it was a new three loop course and the race started earlier at 5:30 am. 430 runners finished the race. Go to our website for all individual finish times. Individual photos for this and other races in the Marathon Readiness Series may be obtained through "My Action Photo" View these on their website: [www.myactionphoto.com](http://www.myactionphoto.com) > select View My Photos > Marathon Readiness Series > Your Race. Once you have selected your race number, enter it in the SEARCH BOX. located on in the top left portion of the page. You must enter at least 3 digits, so, for example, "1" would be entered "001". If preferred, call JJ Johnson, Inc. at (808) 782-2161.



Enjoying refreshments after the race



Age division winners, Darlene Heck and Ellen Humphrey.  
Ray Woo standing in back of Darlene



Hi! Ray Woo Here again

**Mahalo to all Mid-Pac  
Members for a successful  
year of running!**

**Runner's HI is giving a  
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Membership card)***

**Thank you for your support!  
Ray Woo**

**Runner's HI  
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Aiea, HI 96701**

**Telephone: (808) 488-6588**



## STARN O'TOOLE MARCUS & FISHER 25K

Saturday • September 27, 2008 • 5:00 am at Kailua

### Top Male

- 1.....Andrew Taylor.....1:36:25
- 2.....John Flanagan.....1:38:53
- 3.....Wil Yamamoto.....1:39:30

### Top Female

- 1.....Jo Cinter.....1:52:58
- 2.....Susan Burr.....1:53:50
- 3.....Sara Verga.....1:55:58

## NIKETOWN 30K

Sunday October 26, 2008 • 5:00 am at Kapiolani Park

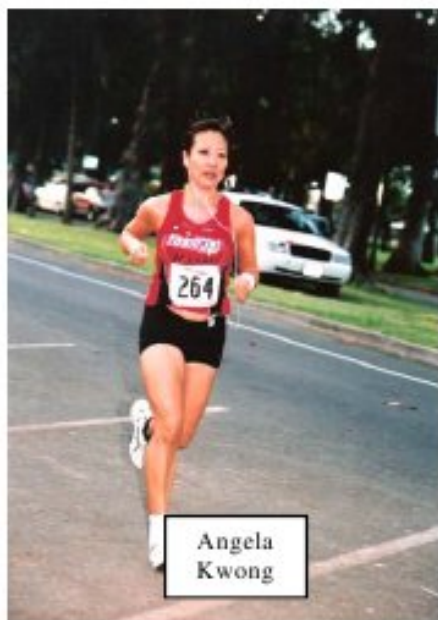
### Top Male

- 1.....Andrew Taylor.....1:57:36
- 2.....Terrence Bell.....1:58:19
- 3.....Pete Boksanski.....2:02:39

### Top Female

- 1.....Shasta Rouch.....2:15:36
- 2.....Susan Burr.....2:18:40
- 3.....Elin Soto-Thompson.....2:18:43

The Starn O'Toole Marcus and Fisher 25K had 523 finishers and the Niketown 30K had 823 finishers . For details of individual finisher times and to view or obtain individual race pictures, see the detailed instructions given for the 20K on page 6.



Angela  
Kwong



Andrew  
Taylor



Jan Higa and  
Chris Mewhort



At the start of the Niketown 30K



Les Omura and Kelli Lyau



# SCENES FROM THE RACES • Photos by Tesh Teshima



Bart Mathias times the Club races



Amber Aucoin times the TimeLine races along with her father, Sam



Joan Davis displays race awards



Craig Knohl pours it on near the finish line



Steve Davidson stretches out



Runners approach the pink and white finish arch of this year's Komen Race for the Cure



L/R: Virginia Shepherd, John Simonds, Harry Siegmund, Elaine Chun, Ellen Humphrey, Chuck Strang



## NIKETOWN 30K

Sunday, November 9, 2008 • 5:30 am at Kapiolani  
Park

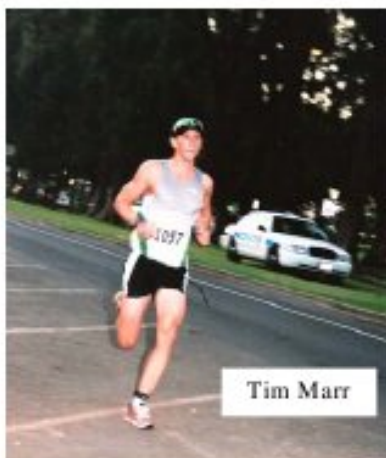
### Top Male

- 1....Timothy Marr.....1:17:02
- 2....Shawn Dodge.....1:17:15
- 3....Andrew Taylor.....1:17:26

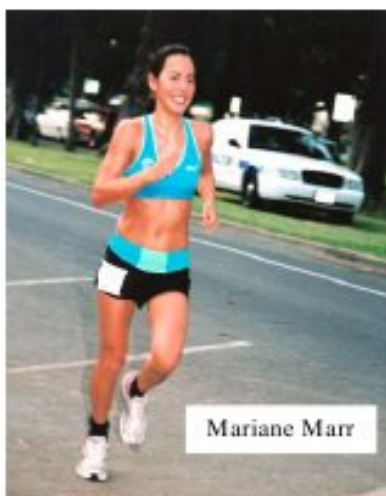
### Top Female

- 1....Mariane Marr.....1:33:19
- 2....Shannon Cutting.....1:33:23
- 3....Bre Millard.....1:33:37

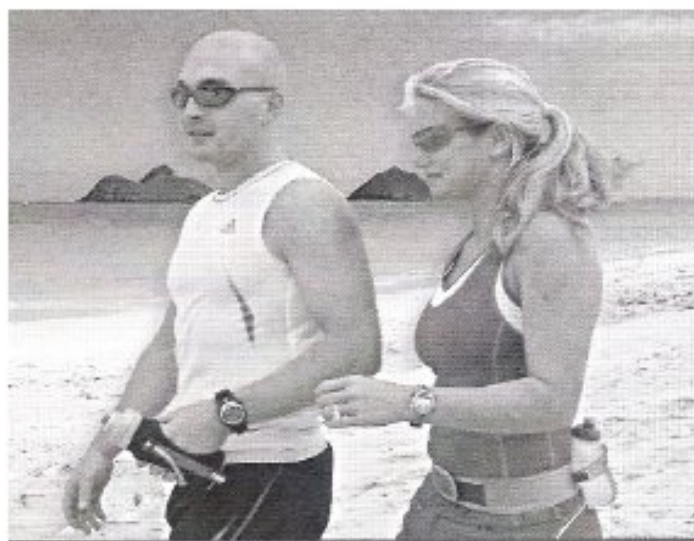
906 runners finished the race on a gusty morning with the elite finishers producing a very close finish. In both the top male and female divisions only a few seconds separated them after 18.6 miles of running. For complete individual finishing times, go to our website, [www.mprrc.com](http://www.mprrc.com), and click on the "Race Results" button. Make selections as indicated. All Marathon Readiness races were timed by Timeline.



Tim Marr



Mariane Marr



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## HOW I TRAIN FOR A MARATHON

As told to Lyle Nelson

(Editor's note: David Carlsson is the President-elect of MPRRC. He will take over as president next year. He is also a top runner and he works at Niketown Fitness Center.

"In preparation to a marathon, I usually run 80 or more miles a week", David Carlsson says. "My first marathon was on Maui in 1997 and since then I've done 32 including a few ultras.

In the final three weeks, I'll do a 20- miler or more. On the last weekend I'll hold it down to 8-12 miles. On race week between Tuesday and Thursday I'll do only 3-4 milers and on Saturday a slow two miles," he said



David Carlsson

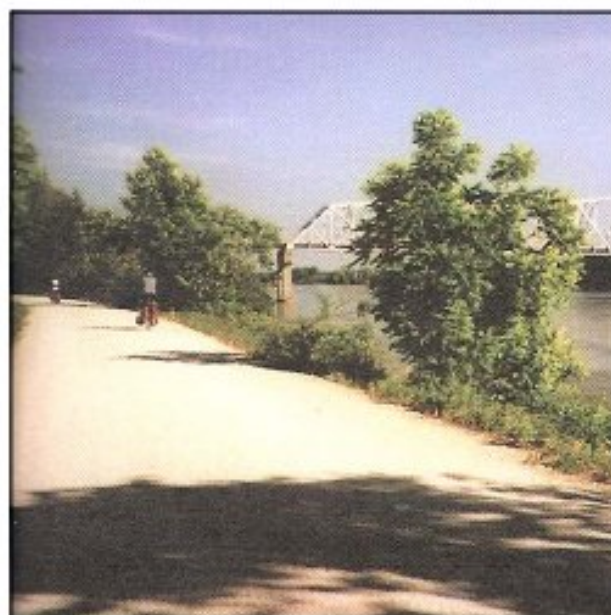
A vegetarian, Carlsson said, "I'm on my normal diet but in the final week I taper off a bit. I concentrate on grains, oatmeal, brown rice, buckwheat, fresh veggies and fruit, beans, tofu for protein and drink plenty of water and fruit juice. From Thursday through Saturday I carry a water bottle and sip it frequently."

"Saturday I'll eat potatoes, salty seaweed and salty corn chips. I'll eat oatmeal before going to bed."

"On race day I don't eat except for a banana."

"Ten minutes before the gun I'll take an energy gel and water," he said.

## Looking for a bike path?



The Katy Trail in Missouri follows the Missouri River and extend 225 miles from St. Charles to Clinton

Rails-to-trails conservancy is a non-profit organization with the aim of creating a network of trails throughout the country, primarily by converting unused railroad accesses into usable trails. So far they have set up over 1,500 trails/paths.

As a free service, they have established [www.TrailLink.com](http://www.TrailLink.com) give interactive maps, detailed trail directions, photos, trail surface, and more in all 50 states. Only two are listed for Hawaii, the Pearl Harbor Bike Path and the Kapaa Path on Kauai. Selecting California gives 88 trails of varying lengths and locations.

Something to keep in mind if traveling and looking for good info on jogging and biking paths.

*(Photo by Rails-to-trails conservancy)*

## VOLUNTEERS NEEDED ! (ALWAYS)

Make a New Year's Resolution  
to help at one of our 17 races set  
for 2009

Call Joan Davis at 535-9070



# MORE SCENES FROM THE RACES

Photos by Tesh Teshima



Warren Watts at a Turkey Trot of the past



Volunteers, L/R: Bill Beauchamp, Marie Boles, Wah Ber-  
man, Joan Davis, Bob Duffy



Matt Pitts



Geoff Howard



Clint Burnham



Victoria Morgan



Naoto Inada  
11



L/R Seleena Harkness, Kacy  
Strickland



## MPRRC Outstanding Runner Awards

This is our club's highest annual award. It is awarded to elite, male and female, and all five-year age divisions, male and female. The 2008 awards were beautiful engraved Koa wood plaques.

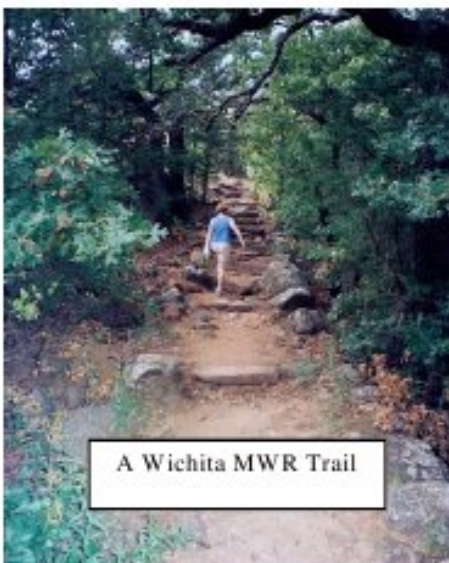
To qualify for an award, you must be a club member and complete five of eight qualifying races. There is no additional fee or entry form required.

Fifty-three members are competing for the 2008 awards. The qualifying series ends with SAM's 5K on December 5th. The awards will be presented at our annual meeting in February.

Each year, many age division awards have no winners because no one has qualified within the division! Give yourself a chance to win an award! Check the 2009 MPRRC race schedule shown on page of this issue. The races that qualify for the Outstanding Runner award are indicted there. Plan to complete at least five of these eight races and you will have that chance to win.

## Dolemans back in the USA

After many years in Germany, President Emeritus Bob Doleman and wife, JoAnn, have returned. They now live in Lawton, OK near Ft. Sill. Bob sent pictures of the adjoining Wichita Mountain Wildlife Refuge where a series of races (5K to 42K) are held in October.



A Wichita MWR Trail



Seen in Hilo • How about some "Yield to Runners" signs?

## Big Island Doings

The above picture brings the Big Island to mind. Some changes will be made with two popular races there in 2009.

### **Big Island International Marathon Sunday, March 22, 2009**

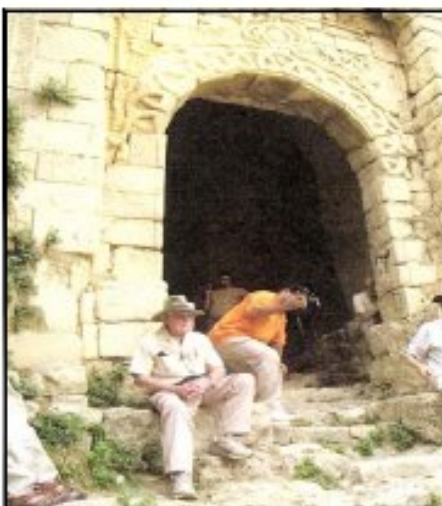
**The 10.8 mile race will be replaced by a certified half-marathon race.** The new half-marathon course will begin in Pepeekeo along with the marathon and follow the former 10.8 mile route except it will continue on around the Bayfront golf course, then back to the finish line. The Hilo Marathon and 5K race courses remain unchanged.

**The 2009 Kilauea Volcano Marathon has been cancelled.** The race was cancelled by the National Park Service due to Hawaiian cultural concerns.

The Big Island Road Runners (BIRR) have scheduled 12 races for the year 2009, beginning with the Hilo to Volcano Ultra Marathon and Relay Races and ending with the End-of-the-Year Run/Walk on Sunday, December 27th.

For a complete schedule and any other race information, contact race director and BIRR president, Wayne 'Big Dog' Joseph at 808-969-7400 or at: waiakeabigdog@aol.com.

## **Bill Beauchamp in Kurdish Iraq**



Bill sitting at the 2000 year-old gate to the City of Amediya, an ancient stop on the Silk Road from China

Past MPRRC President, Bill Beauchamp, just can't stay put. He has run races in all seven continents, mostly marathons, and we reported his 10K run in Bermuda earlier this year.

Last June, Bill spent two weeks in Iraq, about 200 miles north of Baghdad. He says that everyone is too busy for organized races though he saw a video of a recent 5K road race there. The national sport is soccer.



# TANTATUS 10-MILE RUN

Sunday, October 12, 2008 • 6:30 am at Makiki

## Top Male

Pete Boksanski.....1:03:27  
 Matt Pitts.....1:05:25  
 David Carlsson.....1:05:52



Left to right: Pete Boksanski, Matt Pitts, David Carlsson

## Beth Blackburn directs the race



Ninety seven finishers braved the steep up and down. For the first time in several years the complete Tantalus/Round top road was open and all finishers were rewarded with finisher shirts! (More Tantalus pictures on other pages).

## Top Female

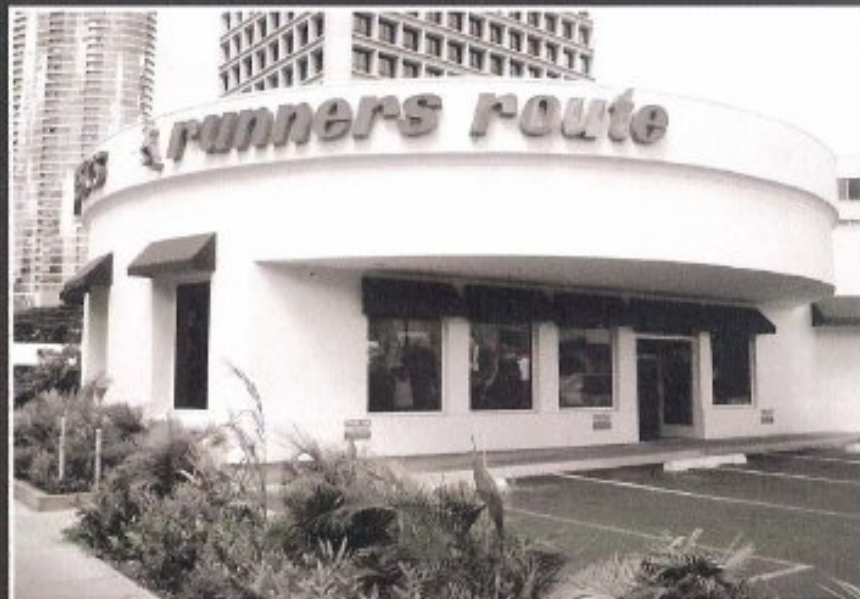
Kristy Rice.....1:16:27  
 Carole Higa.....1:20:57  
 Angela Kwong.....1:21:00



Left to right: Angela Kwong, Carole Higa, Kristy Rice



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## MAKING YOUR RACE SAFE by Kenneth Young



*Editor's Note: Kenneth Young is the department manager for GP Roadway Solutions. His department takes care of the cones for our races. Kenneth came to Hawaii 36 years ago. Originally from Arcata, CA he also lived in Connecticut and Montana.*

*Kenneth attended Campbell High School in Ewa Beach where he was a member of track team, running the 1 and 2 mile distances. He lives with his wife, Dawn, and sons Taylor and Whitney*

As a runner you need to think about many things to prepare for a race. How many miles do I need to run this week? What combination of hill training versus flat ground do I need to do? Is it time for new shoes, or do I go with the old reliable ones? And so on.

One of the things that most runners don't give a second thought about is the race course itself. Most runners take the course for granted because it is set up when they start and it is there until they finish. Did you ever stop to wonder, "How did all those orange cones get put where they are?"

Now days, most of the major road races are coned by a professional traffic control company. The days of a bunch of race volunteers riding around in a pick-up truck dropping cones are all but gone. Though a professional company costs a lot more than "do-it-yourself", there is sound rational for bearing the expense. The five main reasons are:

1. They will always show up.
2. They have the equipment and the ability to move the equipment.
3. They are trained to deal with traffic.
4. The City and County or State Highways will not issue a permit without proof that the traffic control will be done properly.
5. HPD will not sign up without proof that the traffic control will be done properly.

Think about the statement "trained to deal with traffic." Do you realize that most of the cones out on the race course are primarily placed to keep traffic out of the race course as opposed to guiding the runner? In many instances, there are coning patterns done to detour traffic that the runners never see. Often traffic is diverted a block or two before the race course.

The amount of signs, cones, and other traffic control devices needed can vary greatly from one race to the other.

To give some perspective, let's take a look at one of the popular courses used by several organizations, the Diamond Head 10K course. This goes from Kapiolani Park, around Diamond Head, through Kahala and back to Kapiolani Park. To make this course it requires:

1. 2 men with a flat bed truck (1-1/2 hours to set up)
2. 400 reflective traffic cones
3. 20 direction/regulatory traffic signs
4. 100 no parking barricades
5. 15 police officers

And this is a relatively simple course. Compare that to the Honolulu Marathon that takes approximately 4000 cones.

The crew that puts the cones in place can only do so much to make the race course safe. We need the cooperation of both the motorist along the race course as well as the participants themselves. I cannot tell you how many times I have seen runners run around the cones into live traffic in order to pass someone.

The biggest expense in any event is the police offices. They usually cost about three times as much as the traffic control. For that Diamond Head course we used as an example, the cost of police and traffic control can add up to over \$5000.

The next time you are in an event, look around. Take notice of the volunteers, police officers, cones, and signs. A lot of effort and expense went into making it possible for you to run that race safely.

Enjoy yourself and have a safe race!

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### Makoa and the Mullet

Makoa was a very fast runner in the days of Kamehameha I. He had no equal. One day when Kamehameha was in Kawaihae, and about to eat his breakfast, it was found that there was no accompanying dish to remove the bitter taste of the awa. Kamehameha dispatched Makoa to get a mullet from the pond in Waiakea, eighty miles away. Makoa raced to the pond and returned before noon with a mullet still quivering in his hand

*From the Fornander Collection of Hawaiian Folk Lore  
Courtesy of the Bishop Museum*

*(Editor's note: Try to beat that!)*



# OLD PALI ROAD 4.4 MILE RUN Sunday, September 21, 2008 • 7:00 am at Kailua

## Top Male

- 1....David Carlsson.....26:28
- 2... Bryon Etta.....26:58
- 3... Michael Georgi.....27:12

70 runners finished the Old Pali Road Run. A beautiful course surrounded with foliage, through a secluded portion of Oahu. Short, but challenging as you are hard pressed to find a level stretch.

## Top Female

- 1....Rebekah Oldham.....30:37
- 2....Jo Cinter.....31:48
- 3....Amy Harpstrite.....32:35



The start of the run



Elite winners, left to right  
David Carlsson, Bryon Eppa, Michael Georgi



An unidentified runner views surrounding scenery

# E WIDTH

BECAUSE TRUE FIT IS MEASURED BOTH WAYS



768 Stability Running  
AVAILABLE IN WIDTHS

*Running Room*

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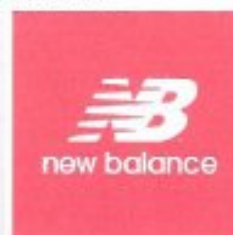
FOR FIT ASSESSMENT VISIT: 808.737.2422

## Men's Widths

<b>D</b>	<b>2E</b>	<b>4E</b>
MEDIUM	WIDE	X WIDE

## Women's Widths

<b>2A</b>	<b>B</b>	<b>D</b>	<b>2E</b>
NARROW	MEDIUM	WIDE	X WIDE



# Mid-Pacific Road Runners Roster of Club Officers

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Lyle Nelson.....941-1988  
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Kit Smith.....395-9535  
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(or) Rshennin01@cs.com

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