



The Mid-Pacific Road Runner



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Cmdr. Kainalu Picl, club president-elect, is dressed for his job as a pilot in the Navy Reserve, as he mounts the steps of a Gulfstream IV.

**Featured Articles: Meet Kainalu Picl, Club President-elect, pilot and speedster
Ask Our Members: Kit Smith gets views on 'Running on the Road'**

THE PRESIDENT'S FORUM



Craig Knohl
MPRRC President

Aloha fellow Mid-Pac members and friends,

The end of summer is near which brings shorter days, and also potential for cooler running workouts. Truth is that August and September could be the hottest months, but I am a wishful thinker.

The 2010 808 Marathon Readiness Series started with the Pace Moran Pacific Properties Norman Tamanaha 15K and soon to follow will be the Runner's HI 20K at Barber's Point. It is always good to see fellow club members at these races and the other three to follow in the Series. Please continue to participate in these races as we get ready for the December finale—the Honolulu Marathon. I know, however, it becomes difficult sometimes to participate in all with other race options to choose from. So, 'pick and choose' as they say, but above all, the most important thing, run but stay healthy.

The Mid-Pacific Road Runners Club has been in existence for almost 50 years. Please try and do your best by participating in club races and events. With the help of each one of us it will be a great accomplishment to keep it together for another half century.

Mahalo! *Craig Knohl*

Remaining MPRRC Races for 2010

Phone 295-6777 for latest updates on all club activities. Log on to mprrc.com for club information and race results, active.com to sign up on-line for races.

Sunday, September 5, Kalaeloa 20K, former Barbers Point NAS, 6 a.m.
Sunday, September 19, Old Pali Road 4.4 mi., Kionaole Rd, Kaneohe, 7 a.m.
Saturday, September 25, Windward 25K, Kailua Beach Park, 6 a.m. *
Sunday, October 10, Tantalus 10 mile, Makiki, 6:30 a.m.
Sunday, October 24, 808 Race Hawaii 30K, Kapiolani Park, 5:30 a.m. *
Sunday, November 7, Val Nolasco Half-marathon, Kapiolani Pk, 5:30 a.m. *
Sunday, November 14, Senior Olympics 10K, Kapiolani Park, 7 a.m.
Sunday, December 5, SAM's 5K, Kapiolani Park, 7 a.m. *

* Indicates race counts toward Outstanding Runner of the Year Award.

VOLUNTEERS NEEDED !

(ALWAYS)

Help in one of our races in 2010
Call:

Halina Zaleski at 349-1984
or e-mail her at:
halina@hawaii.edu

THANK YOU!

A MEMORABLE MEMORIAL RUN • Lyle Nelson and Bob Henninger

There's an interesting running route through downtown Honolulu that features memorials and statues of the famous. Some memorials such as the statues of Father Damien at the Capitol, King Kamehameha I which fronts Ali'iolani Hale, and the memorial to the 100th/442 men of WWII on King Street are clearly visible while driving by - but how about Mamoru Sato's "Passage" on Punchbowl or the "Eternal Flame" on Beretania or Barbara Hepworth's "Parent I and Young Girl" at the Hawaii Library or Queen Lili'uokalani on the makai side of the Capitol?



The Eternal Flame honoring all those who have died in service

by our sister city, Hiroshima. Near Beretania Street and River is the statue of Dr. Jose Rizal, the Philippine patriot and martyr, executed by the Spanish.

We started this run at Ala Moana Park, ran up Ala Moana Blvd to Punchbowl, We turned mauka on Punchbowl and came to the "Passage" memorial. From there it is a matter of working around the capital grounds and over to River Street. We took our time...looking at these memorials, some for the first time!



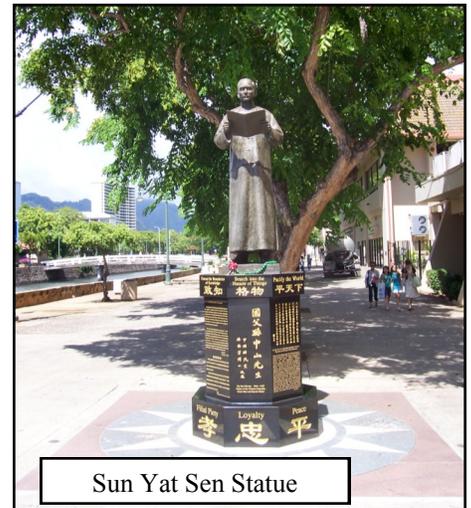
Queen Lili'uokalani Statue

Completely hidden from street view and in a shaded area of our Capitol grounds is a remarkable memorial to all Hawaiians who died while serving in the Korean and Vietnam Wars. The name of each person is engraved into the facet of square block, interfaced, and indented at angles, in sections, arranged by war and year. The years begin on the makai side of the memorial and extend in the mauka direction and are visible on the cement base of the memorial.



This marker is visible from Richards St.. The actual memorial is not in view

Near the Chinese Cultural Center on River Street is the statue of China's Sun Yat Sen. Across the stream on College Walk is the bell presented



Sun Yat Sen Statue



Korean and Vietnam War Memorial

MEET KAINALU PICL, CLUB PRESIDENT ELECT, PILOT AND SPEEDSTER

By John Simonds

Blandon Kainalu Picl, a high-flying, fast moving runner, is president-elect of the Mid-Pacific Road Runners, and he pronounces his last name PITZ-IL. Think pretzel, pencil, pistol, and you'll be close to words that rhyme. They also fit because he's wiry thin, quick with paperwork and a top-gun in his job.

Kainalu gets around. He flies Gulfstream IVs as a commander in the Navy Reserves, responding to club e-mails while on duty in places like the Persian Gulf. You might find him in California visiting family, or in Boston where in April he ran a 2:51 marathon.

Commander Picl, 41, a Cal Poly Pomona alumnus, also flew as a helicopter pilot in the U.S. Marine Corps, stationed at MCBH Kaneohe, That's what brought him to Hawai'i in 1995. After completing his Marine contract, he shifted to the Navy Reserve. The missions keep Kainalu busy and in the air, but the duties of the club and the challenge of road races bring his feet to the ground, and he doesn't miss many meetings or races. He served a term as club treasurer and has volunteered to help lead the organization further into the future.

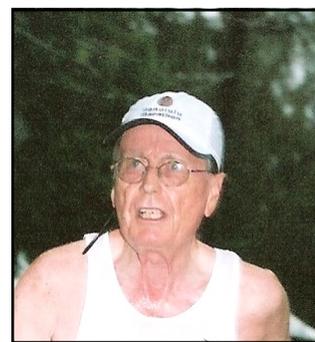
At the same time, in his Navy job, he's on course to becoming commanding officer of his unit within the next three years. But Kainalu plans to focus his civilian attention on serving the club.

"The club is great," says its president-in-waiting. "There is so much experience among our members. I hope I can learn from everyone. I appreciate all the people that make our races a success, mahalo kakou!" He says he'd prefer more opportunities for interacting and networking among members. "I would like to see the club aspect of MPPRC improved, to

find some way to bring our members together more often, not just for running, but perhaps potlucks at the beach. We have something in common, a passion for running. Let's share our stories, build friendships, encourage others."

Kainalu is a comparative newcomer to running. He didn't run in high school or college but got started in the Marine Corps to meet a fitness requirement and really didn't like running at first.

"I would be training for about two weeks prior to my semiannual physical fitness test of three miles — just enough to get through the run without totally dying. Back then I ran three miles in the low twenties," he recalls. "I hated running until about eight years ago when I started training for my first triathlon. At the time I was paddling outrigger canoe and ran for cross training. I had an hour wait between practice and getting off of work, so I had to do something. A friend suggested that I try a triathlon. I started running seriously when training for triathlons. My first tri-



John Simonds, past club president, current VP-Administration, and active race director, introduces president-elect, Kainalu Picl.

athlon was Tinman 2004. I ran the Honolulu Marathon in 2005, my first marathon," he continues. "Now I love everything about running. I enjoy running by myself, but an occasional group run is always good. Running is my time to think about life. Running focuses on the immediate, and everything else in between."

Besides the Boston Marathon, he has also done the Kona Ironman Triathlon, but "right now, I am training for shorter races," he explains, "I have never concentrated on short distance races, my concentration has always been for half-marathon and longer. 5Ks were always just a part of the training necessary to reach my half-marathon and marathon goals."

Kainalu says he makes it a point to get out on the road wherever he is. "Training while away is always my first priority after 'the mission.' In the Persian Gulf this last year, this meant that I woke up at 3 am to get in a run before it got too hot. I never missed a run which means that sometimes I was jogging on a treadmill after a 15-hour day. Running while traveling is great. You get to see so much more than when you are in a car. Maybe find a café or a restaurant you wouldn't normally see."

MEET KAINALU PICL

(concluded from preceding page)

Here are some of Kainalu Picl's training tips:

"I believe in the midfoot strike, the natural gait, how you would run if barefoot. It takes time to develop and to strengthen your muscles and ligaments — perhaps years, but it, in the long term, is the way to go. It will reduce injuries and increase speed."

"Leave your ego at home. Run within yourself. There is no reason to push an easy run, just because you want to show off to some stranger/friend running by.

Especially if this effort negatively affects a key workout. This is especially important to the beginning runner."

"I ran with a friend who was trying to get back into running and she took off at a 7-minute pace. By the time we reached a half-mile, she was slowing to a 9-minute pace. By the mile marker, she was walking. We were supposed to run three miles together. For most runs, beginners should run at a conversational pace, no matter how slow it is."

TANTALUS RUN OFFERS A RARE 10-10-10-10 EXPERIENCE

This year's Tantalus 10-mile Run represents an extraordinary coming together on the calendar of the number 10. The race is on the 10th day of the 10th month of the 10th year of the century, and, as always, it's 10 miles.

To commemorate the unusual alignment of the numbers, the club will provide entrants with T-shirts designed to mark the occasion.

Entry fees will be \$15 for members, \$25 for nonmembers. Life members run free without shirt and for \$5 with shirt.

Entry forms are on line at mprrc.com, at active.com, and in Oahu running stores.

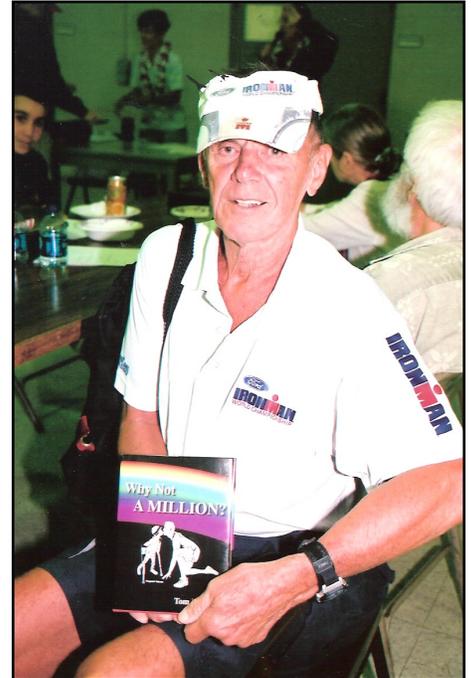
This year the race travels a counter-clockwise route—up Round Top Drive and down Tantalus, finishing downhill on Makiki Heights Road.

The unusual timing of the tens and the special shirt are expected to raise participation, and the club may impose an entry cut-off at 200 and may also use chip timing. The race starts at 6:30 a.m.

Beth Blackburn is the race director.

WHY NOT A MILLION?

By Tom Knoll



Tom Knoll holding his book, "Why not a Million?"

After 34 years I am reaching the pot of gold at the end of the rainbow... a million dollars for charity. The idea of doing that started here in Hawaii with a 133.6 mile perimeter run of Oahu in 1976 for the Aloha Red Feather Fund and the Red Feather Federal campaign. The run did not make that much, about \$500, but it was a start.

Fast forward to now, 2010. As I write this, the goal is at the \$935,000 mark. Next year I will do my third and last 'Run Across the USA' which will put me well over the million dollars plus goal!

My thanks go out to the many, many people who have helped to make this goal a reality.

The question my book asks, "Why not a Million?" will be answered soon.

Photo Credits:

Front Cover: US Navy/Kainalu Picl; Page 2: Tesh Teshima; Page 3: Bob Henninger; Page 4: Tesh Teshima; Page 5: Tom Knoll; Pages 6,7: Tesh Teshima; Page 8: Tesh Teshima and RRCA/Joan Davis; Page 9: Tesh Teshima; Page 10: Tesh Teshima and Bob Henninger and SFGate.com/Wallach Family; Pages 11, 12, 13, 14, 15: Tesh Teshima

PACE MORAN NORMAN TAMANAHA 15K RUN

Sunday, August 15, 2010, Kapiolani Park, 6 a.m.

Top Male

1st	Todd Iacovelli.....	52:54.9
2nd	Kevin Enriques.....	53:08.1
3rd	Johnathan Lyau.....	58:31.9

Number of finishers.....784

Top Female

1st	Mariane Marr.....	1:03:39.7
2nd	Shelby Janutol.....	1:04:13.8
3rd	Bel Wray.....	1:05:21.1



Close to 800 runners bunched together at the start of Pace Moran Norman Tamanaha 15K run, the first of the five race 808 Marathon Readiness Series.



Above: At age 7, **Jyo Mar-suura** has started his winning ways with a 1:43:41.8 finish and 1st place/ Under 14 division. Right: **Borys Pleskacz** continues his winning ways with a 58:14.6 in the 14-19 division.



Above: First place men's winner **Todd Iacovelli** is joined by 2nd place women's winner **Shelby Janutol** (left) and 3rd place women's winner **Belinda Wray** (right).



Right: **Halina Zaleski**, 1st place winner of women's 60-64 nears the finish line.



Below: **Mike Taratko** (left) enjoyed the race even though older brother **David Taratko** finished ahead of him.



Age group 75 and over winners are pictured above. Left to right: **John Simonds**, M - 3rd, **Harry Siegmund**, M—2nd, **Kit Smith**, M—1st, and **Ellen Humphrey**, W—1st.

LANIKAI BIKE PATH 8K RUN

Sunday, July, 11, 2010, Lanikai Bike Path, 7 a.m.

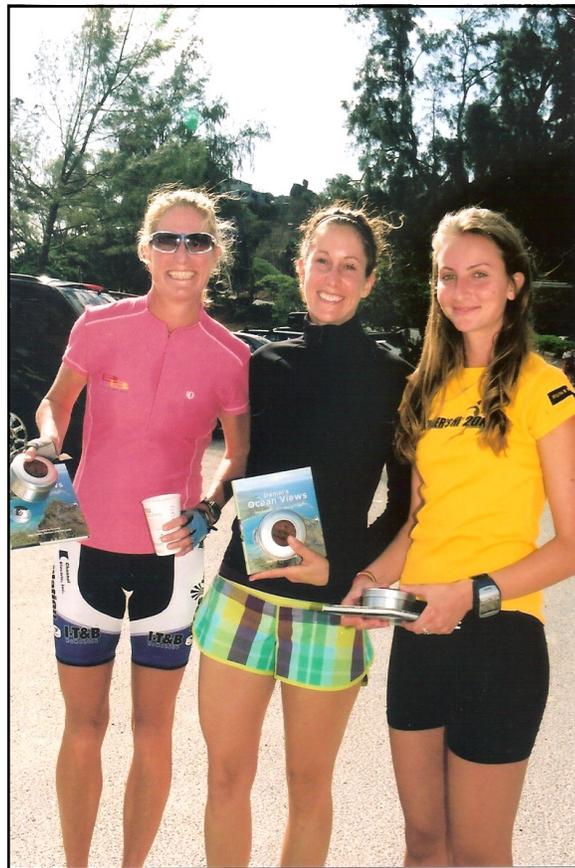
Top Male

1st	Joseph Baranga.....	28:49
2nd	David Carlsson.....	29:01
3rd	Brian Hayes.....	29:07

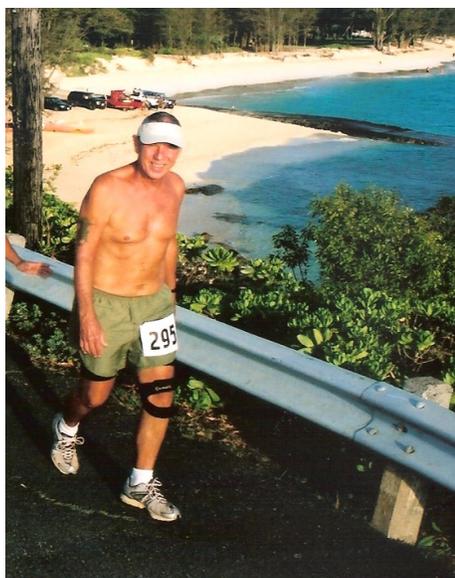
Number of finishers.....133

Top Female

1st	Corinne Fitzgerald.....	33:06
2nd	Sandra Ferreira.....	33:47
3rd	Mandy Pare'.....	36:39



Above: **The Cherry Blossom Queen** (far right) and her **Attendants** join the 2010 Lanikai Bike Path 8K race men's winners. The men's winners are: 1st place, **Joseph Bariyanga** (4th from right), 2nd place, **David Carlsson** (center), 3rd place, **Brian Hayes**, (4th from left). Right: This winning combination is made up of the Elite Women's winners. They are (left to right) **Sandra Ferreira** (2nd), **Corinne Fitzgerald** (3rd) and **Mandy Pare'** (1st). Below left: **Bob Duffy** makes his way to the starting line and a glimpse of the beautiful Kailua Beach in the background. Below right: **David Rarangol** crosses the finish line.



RRCA AND ITS HAWAII REP JOAN DAVIS HELP MAKE THE ROADS A BETTER PLACE TO RUN (By John Simonds)

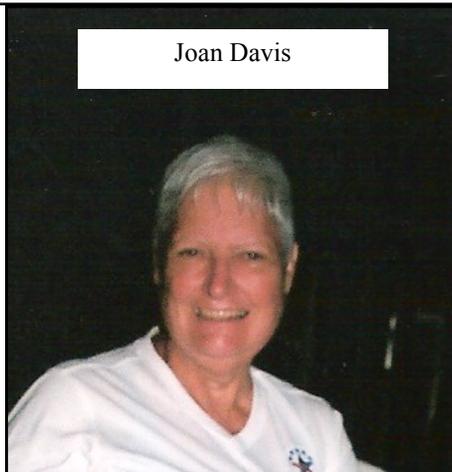
The Road Runners Club of America (RRCA) plays a key background role in the operations of our club and hundreds of other road-running groups across the country. The RRCA, with more than 1,000 member clubs (MPRRC is club #16) and 200,000 running club members, is the oldest and largest organization in the U.S. dedicated to distance running.

No one knows this better than Joan Davis, MPRRC vice-president for race operations and for many years its vice-president for volunteers. Joan has been the club's and Hawaii's official representative to the RRCA since 1997 and has attended 11 of its conferences, including this year's at Lakeland, Florida in April.

In 2006 the RRCA recognized Joan as the nation's outstanding state volunteer coordinator for 2005, selecting her from all of its state volunteer leaders.

"RRCA's mission is to represent and promote the common interest of its member clubs, events, and individual runners through education, leadership programs, and other services," Joan explains. She notes that the RRCA strives to promote excellence in non-profit management for the national office, as well as member clubs, by providing services, benefits, and regular communication.

For 2010 the MPRRC payment to RRCA was \$1,361. This included \$585 for annual dues and \$776 for insurance to cover events and club officers. Total amounts are based each year on the number of household memberships times a per capita rate. Insurance may be the most direct benefit local club members are



of, but the RRCA is involved in a range of other service and education projects to assist and guide its members. The national organization promotes running as a healthy lifestyle choice, encourages diversity in its member clubs, urges clubs to maintain an enjoyable atmosphere for all its members, and fosters good working relationships with national and local that cover running as a competitive sport and a healthy pastime.

Some of its activities include "Road Scholarships" (recognition and support for young runners) the annual

"Run@Work Day" on the third Friday of September. RRCA promotes a running coach certification training program and operates the RRCA.org Web site and a "Keeping Pace" e-mail newsletter with updated information on running fitness and club management. RRCA also publishes "Club Running", a quarterly

magazine of news about running, walking, and outdoor fitness.

Joan has seen some important shifts in the RRCA's priorities in recent years. "The national office has made progress in streamlining membership renewals, insurance inquires and issues," she notes, providing better resources to meet the needs of the members and developing a strategic plan and bridge to the future."

Many of the RRCA's projects are concerned with members dedication to the sport, efforts to provide a safe environment for group runs and events, and managing organizations according to best practices within the rules governing each organization. The newer programs now address young people and issues such as youth obesity through a "Kids Run the Nation" education program.

Editors note: The RRCA also designates championship events annually at the State, Regional, and National level in the 5K, 10K, 10 mile, Half Marathon, Marathon, and Ultra.



Joan Davis at Road Runners Club of America's Lakeland, Florida convention in April with other RRCA officers and representatives from the western states

MEET OUR MEMBERS

By Lyle Nelson



ANDREW TAYLOR of Kaneohe, a PhD candidate in chemistry at the University of Hawaii/Manoa, has done 10 marathons including one in Wilmington, Delaware. Andrew was born in Berkeley, California, began running in high school at Davis, CA. He is the immediate past president of MPRRC. Andrew's wife is Malia.



KATE SHIGETANI, A Honolulu native, has run 25 marathons including Maui four times plus the Volcano. She started running to get in shape in 1981. She lives in Nuuanu near Oahu Country Club and is retired from Kaiser's medical system where she worked on budget and financial forecasting issues.



ERIKA NISHIO FONG of Kaimuki has done 11 marathons. From Japan originally, she attended Kwansai Gakuin University near Kobe, then received a degree in psychology from Michigan State. Erika, single, took up running in 1991 and works for Lion Coffee.



EILEEN WARD of Mililani is a walker only, took up training with Brian Clarke's group, and has done four marathons. Born in Trenton, New Jersey, graduated from Douglas-Rutgers, she came to Hickam 32 years ago with her Air Force husband. She enjoyed tennis and bowling in younger years. For 25 years she has done administrative work for a Christian church. She has three children, the youngest a teacher in a local high school, plus two grandchildren.



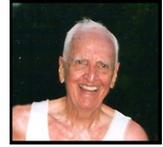
DENIS TANIGAWA, has done 12 Honolulu Marathons since the late 1970s and is retired after 35 years either as a fire control man in the Navy or in a sheet metal shop at Hickam. Born in Honolulu, Denis lives in Kaneohe, likes to run in the public parks there. His wife is Karen and his daughters Kristi and Casey.



TED LEON is a family physician working at Queen's and interested in weight management. He lives in Manoa near UH where he also teaches. The doctor was born in San Diego, CA, took up running in the third grade in North Hollywood, played football, ran the 400 meters at Williams College in Massachusetts. His medical training came at Columbia and UC San Francisco. Ted came to Hawaii in 1997, has done eight marathons. His wife is Elaine, his daughters Claire and Isabelle both run at Iolani. His favorite on the road is photographer Tesh Teshima.

RUNNING THE LOOP

By Bob Heninger



Brig Gen Leonard Wallach

Leonard Wallach, one of the giants of organized running, died Sunday, May 30, 2010 of pancreatic cancer.



Gen Wallach

General Wallach was born in Honolulu and served in WWII, Korea, and Vietnam. He was the race director of the San Francisco Bay to Breakers

Race during the 1970s and 80s, guiding it from 4,000 to 100,000 participants. He was also the director of both the Men's and Women's Marathons for the 1984 Olympics. Gen Wallace competed in triathlons and ran in over 100 marathons. He made his home in California but he is interred at the National Memorial Cemetery, Honolulu.

Memorials



Fort Ruger Park, better known as "Triangle Park" to the runners of Honolulu, has been renamed. The park is now, 'Operation Red Wings Medal of Honor Park'.

The memorial pictured above commemorates the SEALs and Night Stalker pilots who were casualties of this mission in Afghanistan. Next time you are at the park, take time to read the plaques there.

Newsletter • Past, Present, Future

This is my last newsletter as its editor. When I reached the 85-9 age group I realized it was time to pass this job along to a younger person who runs closer to the pack.

In the past the MPRRC Newsletter was usually the responsibility of a club officer who already had many other responsibilities. It was just one more duty. As such, the newsletter varied greatly—its zenith was the special 40th Anniversary issue, its nadir was being a few pages in a local sports magazine. There was no set format or set publication dates.

I wanted to change that. The newsletter should stand on its own. This brings us to the present newsletter, standardized at 16 pages, published the 1st week of March, June, September, and December. It has a proforma format that includes space for the President's Forum, Meet our Members, an editorial page (Running the Loop), feature articles, advertising (if desired), our annual financial sheet (March issue only), and special items such as Marathons of the World. Our staff meets shortly after each issue is published to critique the last issue and plan the next. Little more is required for the next two months.

In the future there will be changes, largely brought about by the advent of the internet. Core newsletter items such as race results and pictures are now posted directly on the internet. How to best coordinate the newsletter with the internet will be one of the challenges of the future. Also, **Bill Beauchamp** asked me several times to be sure to have a special
(concluded on page 14)



Tesh Teshima

Tesh Teshima, our long-time club photographer will be gone the last half of September on his annual Asian trip. This includes going to the 29th annual Ichinoseki International Half-Marathon Race.

He will meet club members **Johathan Lyau** and **Pete Boksanski** at the Tokyo airport from where they will travel to Ichinoseki. Besides the race, they will attend the many event festivities as well as other sight seeing activities.

The Ichinoseki Races attract world class runners. Last year **Brandon Laan** and **Todd Iacovelli** joined Tesh and raced in the half-marathon.



Meiso Bob Terukina

The club wants to thank the family of **Bob Terukina**, who died recently, for their thoughtfulness. The family donated \$500.00 to the club in his memory telling how much it meant to him and the enjoyment he got from running.

Bob, a long time MPRRC member, ran a Honolulu Marathon at age 90.

HAWAII RUNNING TRIVIA GAME by Les Omura

(answers on page 15)

- The 1994 MPRRC 30K was sponsored by:
 - Primo Beer
 - Pepsi Cola
 - Michelob Ultra
 - Raymond's Root Beer
- Since 2000, who has **NOT** been the title sponsor of the MPRRC 30K?
 - P.F. Chang
 - Niketown
 - Honolulu Marathon
 - Mid Pacific RRC
- The Maui Marathon, the third oldest continuous marathon west of the Mississippi River, was originally named the Hawaiian AAU Marathon. In 1971 it moved from Oahu to Maui and was renamed the Norman K. Tamanaha Marathon. Who won the first race from the War Memorial Center to Whaler's Village in Kaanapali?
 - Sam Bosetti
 - Johnny Faerber
 - Mike Tymn
 - Steve Sobaje
- The inaugural Great Aloha Run in 1985 was won by:
 - Geoff Howard and Darlene Mota
 - Duncan McDonald and Connie Comiso
 - Farley Simon and June Chun
 - Michael Georgi and Rachel Portner
- Which of the following statements is false?
 - Michael Georgi has won seven Maui Marathons
 - Johnathan Lyau has won the Honolulu Marathon Kama-aina award 16 times
 - Jeannie Wokasch has won the Kolekole Pass half marathon six times.
 - The Straub Women's 10K debuted in 1978
- Hawaii's first "marathon" race, the 29 mile Hawaiian Marathon, was held in March 1909. The course was from...
 - Aala Park to Haleiwa
 - Aloha Tower to Waianae
 - Pearl Harbor over the Pali To Kailua
 - Punahou School to Dole Plantation in Kunia
- I was one of the founders of the Oahu based Mid-Pacific Road Runners Club and charter member of the Hawaii Masters Track Club. In 1943 I won the Hawaiian Marathon in 3:03. My best Boston Marathon finish was in 1952 when I finished in 5th place. I am considered "the father of running in Hawaii."

Who am I? _____
- Who has **NOT** won multiple Hawaii High School State cross country Championships?
 - Duncan McDonald (Kailua)
 - Johnathan Lyau (McKinley)
 - Matt Stevens (Hawaii Baptist Academy)
 - Eri McDonald (Punahou)
- The Running Room is currently the oldest active running store on Oahu. Which is the youngest?
 - Runners HI
 - Runners Route
 - Kailua Running Co. (Fleet Feet)
 - Sports Authority
- Which one of the following is an active race on the Hawaii race Calendar?
 - Harold Chapson 5K
 - Run to the Sun
 - Kilauea Wilderness Runs
 - Kolekole Pass Half Marathon



MPRRC Member **Les Omura**

Editor's note: We asked Les to challenge our road running knowledge once again. This time it is all about running in Hawaii

- The first Oahu Perimeter Relay was run in 1968 when sailors of the New Zealand ship Blackpool docked in Honolulu and challenged the Oahu running community to a Race around the island. How many Miles was the course?
 - 121 miles
 - 134 miles
 - 156 miles
 - 177 miles
- What annual running event takes place the third Monday of February?
- Which of the following is not a member of the Road Running Club of America?
 - Valley Isle Road Runners
 - Faerber's Flyers
 - Runners HI Ohana
 - Hawaii Ultra Running Team
 - Big Island Road Runners

ASK OUR MEMBERS: Running on the Road

By Kit Smith



A “positive addiction.” Surely most of us have heard that term applied to our running “habits.”



Mike Richardson

Most of us wear the label with pride—to the point we wouldn’t dream of going on a trip without taking along our running gear. We invited MPRRC members to weigh in on the subject of running “on the road,” sharing anecdotes, tips, notable runs and more. We received more than a dozen responses, rich in content.

Mike Richardson says he and his wife **Robin** “pack our running gear for every trip. We try to run as often as possible. “This year we’ve gone running in Vancouver, Detroit, Kansas City, San Francisco, Berkeley, Tahoe, and Raleigh, N.C.” Says **J. B. Nation**, a University of Hawaii math professor: “Running in new places is one of the joys of traveling. Not always, but four times out of five you can find a trail, or a country road, or a park — for miles of new scenery. And sometimes you meet some interesting people as well. If I’m staying for any length of time, I look to see if there is a local race, and those are always good..”



Robin Richardson

Says **Carole Higa**: “Most of our trips are planned with running in mind. I can’t remember a trip that my husband (Mike) and I took that did not include a marathon. So, running, you could say, is the first priority when we travel.”



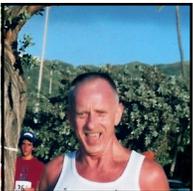
J. B. Nation

How does one select a route for a training run away from home? Says **Mike Pietruszewski**, a professor of anthropology at the University of Hawaii: “If I stay at a hotel, I just go out the front door and start running in the direction that looks promising. Sometimes I ask the people at the front desk which direction to go. I remember a hotel in Florence, Italy, that had a map of the area with measured courses indicated. The map had a string attached so you could wear it around your neck. I thought that was neat.”



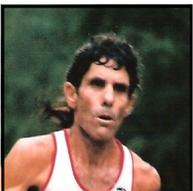
Carole Higa

Craig Knohl, a teacher at Kahuku High and intermediate schools for 20 years, says of runs away from home: “I usually just take off and explore. If I’m looking for somewhere specific, I might ask the hotel concierge. Probably the most beautiful run I ever did was along the mountains in the Austrian Alps where the Sound of Music was filmed.” He tells of getting lost a lot in Europe, “especially in Athens Greece.” But then he has also gotten lost on Oahu — on trails in the hills behind Kahuku Town. “It can turn into an exciting run when I need to climb the nearest ridge to find the ocean and then my way back to class. I’ve never been late, but I have come close...” Craig is also the incumbent president of the Mid-Pacific Road Runners.



Mike Pietruszewski

Johnathan Lyau, one of Hawaii’s premier runners, says that while traveling, “I try to run as often as I can, but less distance since we are usually on an itinerary. Since I run less, I usually insert higher quality running to “make up.” His most interesting/unusual run? “That was in Xian, China. Even at 6 a.m. I had to dodge people on the sidewalks and bicycles on streets. I ventured out and ran extra miles because I got lost and couldn’t find the right way back to the hotel. No one spoke English. I was a little panicked since I had to get back by a certain time.”



Craig Knohl

B. Kainalu Piel, who with Johnathan ran the Boston Marathon in April, lists the Napa Valley as a favorite place to run. “It is hard not to find a beautiful run out the door. Miles and miles of road line with grape vines.” He admits to getting lost once — “running from my sister’s house in Corona, Calif. I tried to take a shortcut on the way back and instead of running a square pattern I ran a triangle, making my final turn homeward in the wrong direction. I ended up running five extra miles, with no gels, no water.”

(continued on next page)

ASK OUR MEMBERS: Running on the Road (continued from page 12)

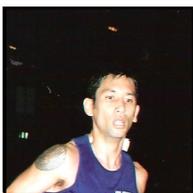
By Kit Smith

Brian Shaughnessy particularly likes running along the Embarcadero in San Francisco, between the Bay Bridge and the Golden Gate Bridge. “The scenery there is perfect.” Has he ever gotten lost? “I don’t believe I ever have.” That seems to fit his occupation. He is a U.S. postal inspector.



Johnathan Lyau

Mike Richardson, the busy traveler quoted on the preceding page, tells this story: “When we ran in Berkeley, Robin got turned around. She was leading and timing our run. I was along for the view and the cappuccino at the end. She kept going north and west, but streets in Berkeley aren’t set in any understandable pattern. When she wanted to head back to a coffee shop we knew, I started leading the way. She yelled that I was going the wrong way. Had I followed her, we would have ended up in Richmond, 180 off



Kainalu Piel

Merlin Ohmer, a navy captain and dentist, says that “why sure” he has gotten lost on out-of-town runs. “The worst is when darkness hits or it is blazing hot and you have to run into a business or a 6-star hotel dripping with sweat to find a water fountain.” His most interesting runs came a year ago, on an Alaskan cruise. “I ran in a few of the ports — Juneau, Skagway, and Ice Strait — and saw bald eagles.”

Allison Krug, a free lance medical writer/editor, tells of running on the Mall in Washington D.C. on a sunny day a year ago with her husband David (a Navy lieutenant) and two young sons. “A Tea Party rally was going on, there was a carousel for the boys to ride, plenty of Porta-Potties, tons of interesting characters with signages and great fattening food vendors for after the run.”



Allison Krug

Dr. Joyce Cassen, an Aina Haina ophthalmologist, says that away from home “I always walk at dawn and dusk, about two miles total. I usually don’t run. I like seeing deliveries early in the morning, and businesses before they open — generally in non-congested areas. In Venice, Italy, in 2006, around every corner I found a restaurant. Looking around at the different styles, I did get lost one morning. However, there are many canals to follow till they get bigger and bigger and you reach the Grand Canal. It was good to see ‘the main drag’ after an hour and a half.”



Joyce Cassen

Wakaba Stephens tells of an adventure on the road visiting her father-in-law in Richmond, VA, in the summer of 2009. “Having a non-running husband, I had no choice but to run all by myself in an unfamiliar neighborhood. But I did my research and checked a map before I left Hawaii. After starting off from the in-law house, I entered another peaceful community. However, suddenly a huge dog was running besides me, or chasing me. I was terrified. But I love dogs so I started observing him. Thankfully, he was smiling and having fun! Still, I began to think about alternative plans. I had a cell phone with me, so I called my husband. But he had no idea. How helpful! But in a few minutes, the dog started heading for one of the houses, checking out something to eat. I decided to take a chance and ran as fast as possible to the other side of the street I had crossed earlier. I looked back and saw my friend looking for me but unable to see me. Whew! I never went back to that area and also had my husband follow me around with a bicycle from the next day on.”

(All that training paid off. Wakaba did a 3:44 in the Honolulu Marathon last December, “my first and only full marathon experience.” That qualified her for the 2011 Boston Marathon, which she plans to run, joining East Coast friends.)



Wakaba Stephens

Nick Kaiser, with the Pan-STARRS Project at the Institute for Astronomy, University of Hawaii, also has had a dog encounter on the road — in Taiwan. “I got chased by dogs. But I teamed up with a bunch of local runners, for safety in numbers.” That incident had a happy result. “We have kept in touch.”

(concluded on page 14)

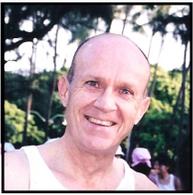
ASK OUR MEMBERS: Running on the Road (concluded from page 13)

By Kit Smith



Nick Kaiser

Nick Kaiser relates a more dramatic tale from travel to Europe. He was in southern France, planning to fly to England for a run in the Lake District. But bad weather closed the airports. No problem, thought Nick. I'll substitute a trail run around Mount Blanc, the highest mountain in Europe — never mind that the weather forecasts indicated stormy weather. No surprise, the gear that he had brought, suitable for a wet weekend in the Lake District, wasn't adequate for the Mount Blanc trail. "Rain became sleet which turned to snow. But I was hammering along so felt warm. After it got dark, I found a 'refuge' — a hostel with bunks and food up in the mountains. My body shut down. But they filled me with hot chocolate, and eventually my fingers thawed out"



Ken Best

Ken Best, a semiretired former executive of Aloha Airlines, who has run a marathon in every state, offers this anecdote, relating to our post 9/11 world. "While staying in Annapolis, Md, before 9/11, I ran through the main gate of the Naval Academy early in the morning or late in the afternoon, and around the inside perimeter — often with midshipmen — then back out the main gate. I believe they thought I resided or worked there. I'm quite sure security is much tighter now." Ken describes himself as "a highly organized sightseer" who has kept a running log for 15 years, covering exercising and sightseeing during travels.



Alexis Buchholz

Survey respondents gave an almost universal thumbs down to treadmills and elliptical trainers as a means to put in miles away from home — particularly in attractive destinations. "I'll use them when there is not much time left in the days during business trips, says **Alex Buchholtz**, a financial services provider at New York Life. But I'd much rather get outside than stay in a musty gym!"

Says **Merlin Ohmer**, the Navy dentist: "I HATE treadmills. I run not just for exercise but to relax and let my mind wander. If you do that on a treadmill, you fall off. I will resort to an elliptical if I get stuck due to bad weather." **Kainalu Piel** is another treadmill "hater" but will use them depending on weather, time pressure, or time of day. "Night runs are sometimes better done on a treadmill so as not to get hit by a car or twist an ankle." **Brian Shaughnessy**, the postal inspector, reports that last summer in Fort Worth, Texas, despite temperatures over 100 degrees, "I still ran outside to avoid the dreaded treadmill."

Running the Loop (concluded from page 10)

50th Anniversary issue in 2012. If desired, this will take time to plan.

John Simonds, as MPRRC VP/Public Affairs, is, by our club constitution, responsible for our newsletter. He is, however, responsible for many other things. What he needs is for a club member to step up and be solely responsible for the newsletter. This is a viewpoint job...that is...you see club races, activities, and other events from the viewpoint of how they may fit in the newsletter and record them for future use.

You will need a team to help you. At present, over 20 club members have indicated that they would like to help. One or more of these should be proficient in MS Publisher (or equivalent software) and able to scan glossy photos. I will also be available to help.

In conclusion, I want to thank the many who have helped throughout the past years. In the beginning it was **Chris Mewhort** who put my text and pictures in proper form for printing until I learned to do it myself. **Kim Jacobsen** and **Lyle Nelson** joined in and later, **Kit Smith**. **Keith Fujimoto**, of Professional Image has been a great help and has done all of

our printing. **Ray Woo**, of Runner's HI, **Lerma Jean Dela Penia**, of Running Room, and **Susan Redpath**, Kailua Running Co. (Fleet Feet) who were regular advertisers and **Shin Sannomiya**, Runner's Route, who was an occasional one.

These helped defray costs before we were given an annual budget to work from. A special thanks to **Tesh Teshima!** Also **John Simonds**, **Jack Karbens**, **Mark Zeug**, **Chuck Strang**, **Tom Knoll**, **Ken Best**, **Jack Scaff**, **Seig Ramler**, **Joan Davis**, **Andrew Taylor**, **Col Tom Ferguson**, **David Carlsson**, **Ken Young** (GP Roadway Solutions), **Connie Comiso**, and more. **THANK YOU!!** It has been both fun and rewarding.

KAILUA BEACH 8K RUN

Sunday, July 18, 2010, Kailua Beach, 7 a.m.

Top Male

1st David Carlsson.....29:54
 2nd Brian Hayes.....30:29
 3rd Ash Dustow.....30:38

Top Female

1st Amiee Watanabe.....37:34
 2nd Emma Kern.....38:21
 3rd Melanie Koehl.....38:56

Number of finishers.....80

ALOHA STATE GAMES 10K

Sunday, June 20, 2010, Kapiolani Park, 7 a.m.

Top Male

1st Nate Carlson.....35:22.5
 2nd John R Hansen.....37:53.2
 3rd Joseph Bariyanga.....38:18.1

Top Female

1st Chantelle Wilder.....37:08.6
 2nd Candes Gentry.....43:28.0
 3rd Mina Casey-Pang.....44:10.0

Number of finishers.....180



Left: A pot-luck MPRRC club meeting followed the race



Nate Carlson, a newcomer from the mainland, Elite M –1st



Chantelle Wilder, (L) Elite W-1st and newly-wed **Candes Gentry** (R) Elite W-2nd

Right: MPRRC club president, **Craig Knohl**, leads the business part of the meeting.



Michael Cole prefers running shoes in the sand



Connie Comiso-Fanelli prefers bare foot running



John R Hansen was the 2nd place Elite M finisher



MPRRC president-elect, **Kainalu Picl**, was the 5th finisher overall

Answers to the Hawaii Running Trivia Game on page 11

1. [d] 2. [c] 3. [b] 4. [b] 5. [a] (Michael Georgi has won six Maui Marathons) 6. [a] 7. Norman K. Tamanaha 8. [c] 9. [c] 10. [a] 11. [b] 12. The Great Aloha Run. 13. [c]

Mid-Pacific Road Runner
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Mid-Pacific Road Runners Roster of Club Officers

MPPRC VOICEMAIL: (808) 295-MPRR (295-6777)

President.....Craig Knohl.....228-5306	Treasurer.....Andrew Taylor.....927-0284
President EmeritusBob Doleman..(580) 351-8459	Membership
Past President.....Andrew Taylor.....927-0284	Coordinator.....,Paula Carroll.....375-0917
President-Elect.....Kainalu Picl.....239-0047	Newsletter.....Bob Henninger.....422-0732
1st Vice-President.....Joan Davis.....535-9070	Lyle Nelson.....941-1988
(Race Operations)	Kit Smith.....395-9535
2nd Vice-President.....Joy Schoenecker.....396-0115	Chuck Strang.....955-1356
(Administration)	(Submit newsletter pictures/articles to:)
3rd Vice-President.....John Simonds.....373-3609	4334 Hakupapa St., Honolulu, HI 96818
(Public Affairs)	(or) Rshennin01@cs.com
4th Vice-President.....Halina Zaleski.....349-1984	Legal Advisor.....Dick Sutton.....255-2606
(Volunteer Support and Equipment)	Webmaster.....Andrew Taylor.....927-0284
Secretary.....Judith Inazu.....261-8823	USA T&F.....Dick Sutton.....255-2606
	RRCA Rep.....Joan Davis.....535-9070