



The Mid-Pacific Road Runner



Post Office Box 2571 • Honolulu, Hawaii 96803 • www.mprrc.com • Vol IX Number 1 • Spring 2010

Hawaii's Great Trans Ko'olau Trek®
Race Entry Booklet

May 11, 1997

Coordinates
21°23'15" N. Latitude
157°56'15" W. Longitude
Planet: Earth

Sponsor
Asian Pacific Association
of Medical Marathoners

DEPARTMENT OF TRANSPORTATION
STATE OF HAWAII

Co-Sponsor
Dept. of Transportation
State of Hawaii

Heihei O
Halawa Ekolu

booklet fee \$3.00
Charge is deductible from race entry fee.
Entries can be duplicated - see inside.

Commemorative Edition

THE ULTIMATE RUNNING EXPERIENCE

H3 RUN

Feature Articles: Dr. Jack Scaff and the Great Trans Ko'olau Trek Race (see page 6)
Ask Our Members: Kit Smith gets members views on T-shirts (see page 12)

THE PRESIDENT'S FORUM



Craig Knohl
2010 President

Aloha Mid-Pac members,

I would like to take this opportunity to first thank everyone who attended the annual awards dinner this past February 19th at the Pacific beach Hotel. Personally, I think it was great. We had a delicious buffet to choose from followed by a presentation about Nutrition and Running. How appropriate as we stuffed ourselves from the buffet. I do remember Dr. Alan Titchenal mentioning that it is extremely important to eat a wide variety of foods so we followed his advice. I am hoping that we can do something similar again next year so this might be an incentive to recruit family, friends, and others to join the club.

My vision for the club as I stated briefly at the awards dinner is to continue in the same direction. We have had success in putting on the races over the past year despite what everyone considers the most significant financial downturn in over fifty years. The important thing is people still want to be healthy. This is where we can all be advocates to encourage others to keep a health lifestyle since it might help save them money in the process. Our relationship with "808 Race", an affiliate with Boca Hawaii, has been extremely successful. They are promoting and putting on our Annual Honolulu Marathon Race Series. This is and has been a main component of the race schedule over the past ten years. I also mentioned at the dinner on the 19th that, as with everything in life, the Race Series is not perfect. With the help of MPRRC board members and the "808 Race" committee personnel we hope to continue and improve the 5 race series. A few other areas we hope to develop and/or improve on are awards distribution and race locations.

I especially want to take this opportunity to thank a whole lot of people. First of all, thank you Andrew Taylor for this past year as acting president. I think if we all step up to the plate and give our time unselfishly as he has done, we can continue to keep the club running in a positive direction. The energy of Joan Davis in organizing volunteers and directing them needs to be recognized as well. This past years' board members, and especially John Simonds, also deserve your appreciation. Please mention to these people at any appropriate time that you appreciate them.



Andrew Taylor
Immediate Past President

Hello Club members

I want to thank everyone who helped me this year. Who knew that there was so much work for a president to do? I have so many great volunteers that made my job so much easier. The club had another good year in 2009. After a couple of years of losses, we now have had back-to-back years of decent profits. Our contract with 808 Race has been a success and allowed us to focus more on our smaller races throughout the year.

With a little extra money in the bank, we have already begun giving back to our wonderful members. The Annual Dinner Meeting at the Pacific Beach Hotel less than a month ago was fantastic. Thank you so much to Paula Carroll and Joy Schoenecker for organizing it! As you may have noticed, this year we tinkered with the scheduling of some of the races. We scheduled the Harold Chapson 8K and the Johnny Faerber 10K in January to construct a "Great Aloha Run Readiness Series." Please let us know how you feel about this.

In the past year, we have also added lots more information to our website. Race applications can be downloaded, you can read this very newsletter, updates on races, and even information about all the club runs on the island can be found on the home page. We should be making more improvements and I hope you can take advantage of them. Thanks again for all your support and good luck to Craig Knohl in 2010.

Andrew Taylor

I hope to see many of you continuing to support MPRRC with your presence at races whether as participants or volunteers. I encourage you to view the web site consistently as it is a tool that we continue to utilize to make the club larger and more successful. Last, I encourage all of your ideas and comments whether positive or negative as this too will help MPRRC improve.

Mahalo

Craig Knohl

<p>Mid-Pacific Road Runners Club Income and Expense For the Twelve Months Ending December 31, 2009</p>
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	Dollar Amount	Percentage
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Income

Race entry income	16,064.00	39.58
Membership income	4,583.34	11.29
Race sponsorship income	10,000.00	24.64
Clothing sales income	726.00	1.79
Donation income	85.00	0.21
Other income	8,922.71	21.99
Advertising income	200.00	0.49
<hr/>		
<u>Total Income:</u>	40,581.05	100.00
<hr/>		

Expenses

Race Honolulu Police Dept.	2,906.50	7.16
Race refreshments	1,205.61	2.97
Race Awards	1,646.99	4.06
Race safety	1,881.82	4.64
Race shirts	5,145.80	12.68
Race advertising	1,015.67	2.50
Race photography	1,460.79	3.60
Race timing	2,587.69	6.38
Race miscellaneous	1,650.15	4.07
Meeting expense	706.58	1.74
Marathon expense	2,839.52	7.00
Office expense	3,018.05	7.44
Merchant fees expense	291.91	0.72
Legal and professional expense	100.00	0.25
Newsletter expense	1,802.07	4.44
Storage expense	3,230.94	7.96
Travel expense	900.00	2.22
Penalty expense	1,752.99	4.32
<hr/>		
<u>Total Expenses:</u>	34,143.08	84.14
<hr/>		

<u>Net Income (Loss):</u>	6,437.97	15.86
<hr/>		

MARATHONS AROUND THE WORLD

THE MANITOBA MARATHON by Ken Best

This past summer, I participated in the Manitoba Marathon in Winnipeg—the 2nd largest running event in Canada. This “something for everyone” community extravaganza encourages fitness, family, and fundraising. It consists of a full marathon, wheelchair full marathon, full marathon relay, half-marathon, 2.6 mile “Super Run”, 10K walk and “Mini Mites run. During its 31-year history, the Manitoba Marathon has raised more than \$5 million to support area residents with intellectual disabilities.

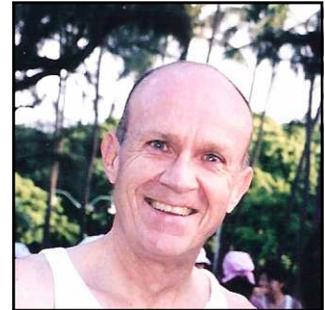
This year’s almost 14,000 participants represented an excellent cross-section of Winnipeg’s 630,000 population. The most popular events were the half-marathon, full marathon relay (teams of 5) and the 2.6 mile “Super Run” with many school groups and families participating. Just 800 entered the full marathon.

The Manitoba Marathon is held during the longest days of the year (19 hours of daylight). This year it was held on June 21st. Winnipeg is one of North America’s coldest cities so June can be chilly or warm. This year (2009) marathon day turned hot...87° F while only 2 weeks before, residents said it was necessary to run with gloves on. During Winnipeg’s long winters—average January low being -10°F, cross-country skiing is much more common than outdoor running.

The start and finish of all Manitoba Marathon events were at the University of Manitoba’s Stadium and the full marathon route tours Winnipeg’s prominent sights. Due to the heat, the course was closed early, but, fortunately, most runners (including myself) were close enough to the finish and were not affected.



Staying hydrated was crucial



MPRRC member **Ken Best** has completed marathons in all 50 states. He is now running marathons throughout the Provinces of Canada.



“Mini Mites Race

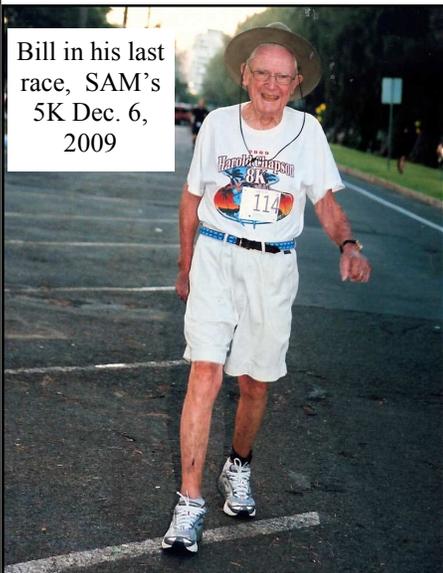
What made the full marathon most impressive was the 713 relay teams (3,565 runners) participating and large, enthusiastic crowds at all exchange points. I have never seen so many relay participants before, including many teen-agers. Another unique aspect of the full marathon is that Manitoba Lotteries, operated by the provincial government, is the official sponsor. As usual, a Kenyan was the first male finisher in the full marathon—as well as in the half-marathon.



With weather like Hawaii, Calgary’s Andrew Svderman dressed Hawaiian.

Two long-time MPRRC members died recently. Both will certainly be missed. **Bill Beauchamp** was very active in MPRRC affairs holding almost every leadership position in our club over a span of years. He was president for several terms. Bill loved running and he completed our SAM's 5K race in December 2009, barely a month before his death.

Bill in his last race, SAM's 5K Dec. 6, 2009



MPRRC Officers for 2010

Pictured above from left to right in rear: Kainalu Picl (President-Elect), Craig Knohl (President), Joan Davis (1st VP- Race Operations), Halina Zaleski (4th VP- Volunteers and Equipment), Joy Schoenecker (2nd VP- Administration), Andrew Taylor (Treasurer/ Immediate Past President). Foreground: John Simonds (3rd VP- Public Affairs). Missing from picture: Judith Inazu (Secretary).

Meiso "Bob" Terukina, like Bill, loved running and he always ran with a smile. He was our oldest member. In 2005, Bob completed the Honolulu Marathon at age 90. While no records are available to be certain, we believe it is pretty safe to say he was one of the oldest runners to achieve this.

Meiso "Bob" Terukina



MPPRC Annual Dinner Meeting

(L/R) Mac Kempshall and Robert Burns



Paula Carroll and husband, David

Gary Fanelli Jr.

Dr. Alan Tichenal, Dinner speaker

THE H-3 RUN; OR THE TRANS-KOOLAU TREK; OR HEI HEI O HALAWA EKOLU; OR A LARGE FOOTRACE ON H-3

By Dr. Jack Scaff

(Editor's Note: The Trans-Koolau Trek was a once in a lifetime event. It was a 10 mile race on the new H-3 freeway prior to its opening for vehicular traffic which would preclude any future foot traffic. The story of what transpired behind the scenes in order to bring the race to fruition is just as unique as the race itself. MPRRC member Jack Scaff M.D., founder of the race, tells that story in our newsletter. This is the first part, which will be continued).

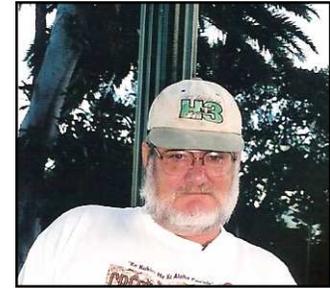
Hei Hei O Halawa Ekolu, most of you may recall, was held on Mother's Day, May 11, 1997, prior to the formal opening of the H-3 freeway to traffic. That the race actually occurred is almost a miracle and the barriers overcome worthy of a movie.

Because I was the Founder and Alan Sunio was the Race Director, I would soon learn what it would be like to be the leader of such a grand event. And grand it was. But I was unaware as to how malicious elements subsequently chose us for personal attacks. In retrospect, these attacks were for the sake of the attack itself rather than obstructing the construction of H-3. But more about that later. When it unfolds, I think you will get my gist.

Up to 1994, I knew very little about the H-3 freeway except for the controversies in the press stemming from displacement of Hawaiian cultural areas that had stymied construction for nearly two decades. Nevertheless work was progressing.

One morning in 1994 I was called by my good friend in Kailua, Jim Branchard, stating: "Jack, I can look out of my window and see the greatest site for a road race there has ever been." At the very least this caught my interest and after I had a chance to drive to Nuuanu Pali Lookout and actually see the windward portion of the freeway (the city portion could not be viewed from any particular site at that time) I could only state that my interest was definitely piqued. I thought: "Why me?" Well. In talking to friends they didn't seem to know anybody else who might be

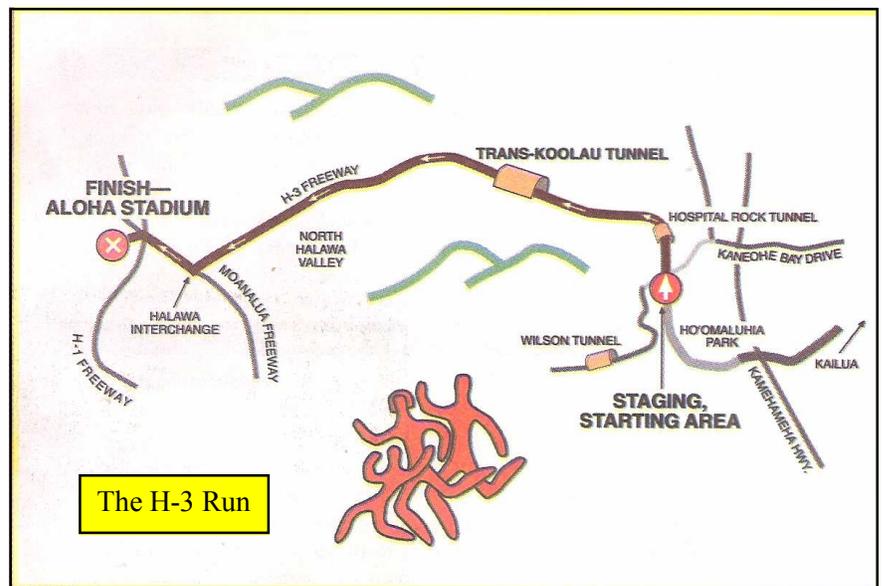
willing to spearhead such an enormous undertaking. I didn't either (although in retrospect sometimes I wish I had) and it seemed a shame that such a unique and potentially prestigious event not occur. I had been associated with the founding of the Honolulu Marathon and was at the very first meeting of what was then to become the Honolulu Marathon Association in 1973, remaining as President until I resigned in 1981. That gave me free time and after I had talked to Carole Kai (who had a run around Kapiolani Park but was having trouble getting a permit because it conflicted with our Honolulu marathon) I suggested to her that Buck Buchwach's (then Editor-in-Chief of the Honolulu Advertiser) idea of a race from Aloha Tower to Aloha Stadium might be of interest. She agreed. After only 11 weeks preparation we staged that run on a nonstandard distance (8.1 miles) with 11,000+ finishers—the largest first time footrace in the United States at that time. Of course the Honolulu Marathon had continued to



Dr. Jack Scaff

grow and was approaching 30,000+ runners making it one of the largest marathons in the United States.. I continue to be pleased that it had been organized by the City and County of Honolulu, Mid-Pacific Roadrunners Club, and myself (representing also the America Medical Joggers Association) in less than 5 months.

After thinking about H-3 for a while and inviting Kenny Moore (a two-
(Continued on page 7)

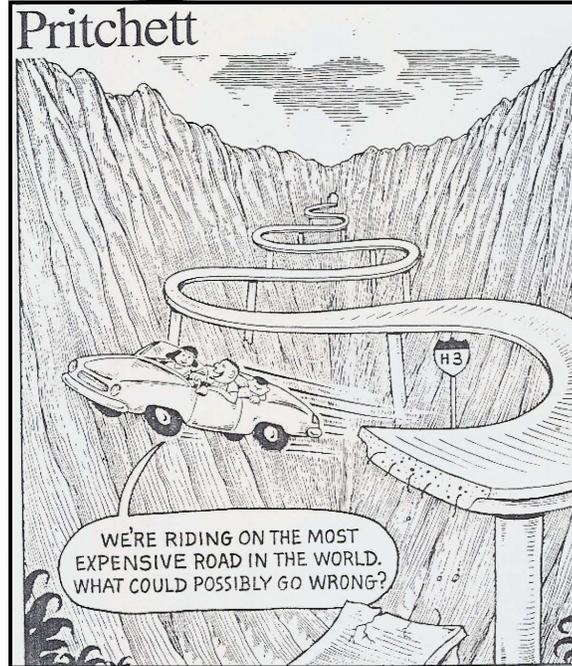


THE H-3: OR THE TRANS-KOOLAU TREK... *(Continued from page 6)*

By Dr. Jack Scaff

time Olympic marathoner who was living in the Islands) to visit with us, we agreed that this was truly a unique opportunity and I decided to go for it. I met with Marilyn Kali of the State Department of Transportation who introduced me to Mr. Kazu Hayashida Director of the Department of Transportation and Tom Gabrielli with DOT Services who became my close companion over the next three years. During that time we toured the uncompleted H-3 freeway not only on a weekly basis but sometimes daily basis. Marilyn talked it over with Governor Benjamin Cayetano who also acquiesced and in concert with my discussions with Mr. Hayashida, the State agreed to be co-sponsor although ASPAC (Asian-Pacific Association of Medical Marathoners and Allied Arts...now transitioning into the Hawaii Sports Foundation) agreed to take all the risk for liabilities and expenses. This is of some import as we were starting from ground zero. Zero finances, zero sponsors, unknown and unforeseen expenses and on a road without a known finish date (the H-3 completion date had already been pushed back literally decades because of politics and activists)!

I started by meeting with all of the above named individuals and organizations on several occasions outlining the three-year battle plan which would culminate sometime in 1997. I am deeply appreciative throughout that the State never once withdrew their support (as you will read further on there might have been reason for them to become somewhat nervous) and while we had agreed to be responsible for our expenses, we had hoped, for example, that Aloha Stadium might be provided to us as part of the State's side. It turned out that the contract with the swap meet could not be abrogated and we would have to come up with many



unexpected expenses (in this instance in excess of \$12,000 to cancel the swap meet on the day of the event). Kiewit Construction (the overseeing firm) was of immense help and bent over backwards to try and facilitate and keep us up to date. We were on our way and everything looked do-able. Alan Sunio my co-director and I attended the IEG (International Events Group) where, unfortunately, we learned that sponsors are not interested in single-time events but rather something they can build on. We learned from subsequent experience that such was true.

Major sponsors did come on board such as All Nippon Airways, Motorola, Hawaiian Electric Company, Aston Hotels, and others

Without going into great detail we would learn weekly of archeological sites being uncovered, work stopped, faulty materials (e.g. concrete slipping on occasion), but, in spite of there myriad unforeseen problems, we were coping.

And then the unexpected happened. The Hawaiian Activists decided that we were their enemies. This was distinctly unusual in that we never had anything to do with the planning, implementation, construction or opening of H-3.....more to come....

(Dr. Scaff's recounting of the H-3 run will continue in our Summer Issue of the newsletter (June 2010)

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!

CLUB RACES

SAM's 5K RACE

Sunday, December 6, 2009, Kapiolani Park

Top Male

1st	Wil Fitts.....	16:32
2nd	Andrew Taylor.....	16:40
3rd	Ryan Schmidt.....	17:14

Top Female

1st	Chantelle Wilder.....	17:32
2nd	Michelle Lundh.....	18:55
3rd	Kristy Salinas.....	20:03

Number of finishers..... 124

BOSETTI 10K RACE

Friday, January 1, 2010, Hawaii-Kai

Top Male

1st	Brandon Laan.....	33:33
2nd	Andrew Taylor.....	37:39
3rd	Jonathan Reid.....	38:19

Top Female

1st	Kristy Salinas.....	45:32
2nd	Shayna Higa.....	49:25
3rd	Sarah Park.....	50:01

HAROLD CHAPSON 8K RACE

Sunday, January 10, 2010, Kapiolani Park

Top Male

1st	Brandon Laan.....	25:33.6
2nd	Andrew Taylor.....	28:43.0
3rd	Ryan Schmidt.....	29:06.9

Top Female

1st	Chantelle Wilder.....	29:40.0
2nd	Kimberly Pugliese.....	32:30.6
3rd	Sandra Ferreira.....	34:04.3

Number of finishers..... 167

JOHNNY FAERBER 10K RACE

Sunday, January 31, 2010, Kapiolani Park

Top Male

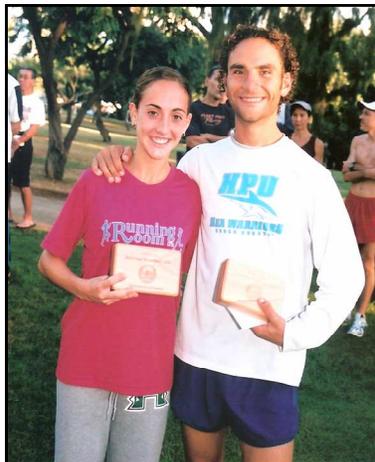
1st	Brandon Laan.....	32:48.1
2nd	Jonathan Lyau.....	35:07.9
3rd	Andrew Taylor.....	36:10.1

Top Female

1st	Chantelle Wilder.....	37:27.6
2nd	Mariane Marr.....	41:13.2
3rd	Sandra Ferreira.....	42:53.7

Number of finishers..... 212

PICTURES FROM THE RACES



Pictured at left are **Chantelle Wilder** and **Brandon Laan**. They are brother and sister and they are making their mark. Besides winning club races, Brandon was the first USA finisher in December's Honolulu Marathon (6th place; 2:25:41, Chantelle did not run). In this year's Great Aloha Run, Brandon finished second, 22

seconds behind the overall winner while Chantelle was the overall female race winner (47:55).



Sophia Turner proudly displays her 3rd place finish ribbon (10-14). Her mother, father, and sister, Satomi, Robert, and Natasha are all runners and club members.



Judith Inazu, a very good runner in her own right, also takes time to volunteer. Judith is now our MPRRC Secretary.

Upcoming Club Races:

Sunday, March 14, Bob and Ron's 5K, 7am, Kapiolani Park

Sunday, May 9, Pearl Harbor Bike Path 10K, 7am, Lehua School, Pearl City

Sunday, June 20, Aloha State Games 10K, Kapiolani Park

Sunday, July 11, Lanikai 8K, 7am, Kailua Beach

Sunday, Aug 15, Tamanaha 15K, Kapiolani Park

(Log on to mprrc.com for details and sign-up)

MEET OUR MEMBERS

By Lyle Nelson



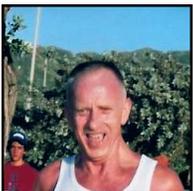
RENE McWADE liked the challenge of 5K racing back in the 80's, also liked swim competition and paddling the Molokai Channel. Retired recently as vice president and counsel for the Hawaii Health Systems Corporation, she was born in Ft. Thomas, Kentucky, across the Ohio River from Cincinnati. Rene attended Colorado State, studied nursing at Queen's and eventually earned both a nursing and law degree from the University of Hawaii. Widowed, her daughters are Becky, Kimberly, and Makena.



PATRICK BLOCK of Kapolei has been on the road for only two years, likes the 5K. Patrick is an independent computer consultant. From Anchorage, Alaska, he graduated from Principia in Elmhurst, Illinois, on the Mississippi near St. Louis, Missouri. His wife, Shaleigh Tice is a local from Mililani.



FRED ALVARADO of Hawaii Kai has been running the road since 1999 and arrived in Hawaii 17 years ago. From Arcadia, California, near Pasadena, Fred schooled at the University of California at San Diego, and is a banker with Bankoh. He ran track and cross country in high school. His wife is Liane, his daughter, Skye, and son, Zac.



MIKE PIETRUSEWSKY lives in Nuuanu, is a professor of anthropology at the University of Hawaii. Born in Boonville, upstate New York, he came to Hawaii 41 years ago from Toronto where he went to college. Single, he's done more than 15 marathons but is now coming back from knee surgery. He didn't take up running until turning 50.



SARAH PARK of Hawaii Kai once ran the Boston Marathon as an unregistered "bandit", as do many, she says. Sarah, a native of San Francisco, started running while attending Massachusetts Institute of Technology as a science major. After medical school at Boston University, she did pediatric training in infectious diseases at Stanford. Six years ago she joined the Hawaii State Health Department. Unmarried, she works at Kapiolani Hospital and is an associate professor at the University of Hawaii. She has done 23 marathons.



CHAD WATARIDA of Kaimuki is proud of doing the difficult revived Kauai Marathon last year. A State Sheriff, Chad, from Pahoa in Puna, ran high school track for Pahoa High but he did not do track while attending the University of Hawaii. Kauai was his fifth marathon. Chad's wife is Akemi, and they have a son, Leon, and a daughter, Karen.

RUNNING THE LOOP

By Bob Henninger



MPRRC Website

Our club website is being greatly expanded under the guidance of **Andrew Taylor**, our web master. Our club address is: www.mprrc.com.

If you have not taken advantage of the information available there, we definitely recommend that you take some time and explore the button tabs on our home page.

For example, the “**links**” button currently gives you direct access to 33 websites of organizations related to runners in Hawaii. These include the home pages of:

The Great Aloha Run
USATF (Hawaii Association)
Volcano Art Center
Jack Scaff’s Marathon Clinic
Hawaii Masters Track Club
Valley Isle Road Runners
Honolulu Marathon
The Road Runner’s Club of America
Hawaii Hash House Harriers
Ultra Running
Timeline Hawaii
JTL Timing

Click on these as desired (and any of the other links) to see what may be of interest. Our website offers a very convenient way to access many other related websites without needing to keep a list of addresses.

Photo Credits

Cover: Ric Noyle
Pg 4: Winnipeg Free Press (Race)
Tesh Teshima (Ken Best);
All other photos: Tesh Teshima

Congratulations!



Congratulations to MPRRC member, **Ellen Humphrey**, who was recently awarded honorable mention in Running Times’ magazine best masters runners of the year 2009.



Congratulations to our staff writers, **Kit Smith** (“Ask our Members” p 12 and **Lyle Nelson** (“Meet our Members” p 9). Each won his age division in the recent Great Aloha Run. Many other club members were also winners. See page 15 for them.

Congratulations to MPRRC members **Asti** and **Louis Tomsic**, elite runners and proud parents of **Louis Cabal Tomsic**, born November 3, 2009.



Annual Dinner Meeting

Our annual meeting was held in the Oceanarium Restaurant (Pacific Beach Hotel). A great buffet dinner was complementary to members (can’t beat that). Dr. Alan Titchenal, nutritionist, University of Hawaii, gave a talk covering nutrition guidelines for your best marathon

After the dinner we held our annual meeting. Our new officers were elected and installed. Also changes to our Constitution were approved.

The change in our constitution that will be most noticeable has to do with our awards (Article XI). The existing basis for awards was completely struck out and replaced simply by: “The basis for the awards shall be determined by the Executive Committee and detailed on the Club’s website at least three months before the start of the calendar year.”

This change will go into effect for the year 2011. For this year (2010) the annual Outstanding Runner awards will remain as before.

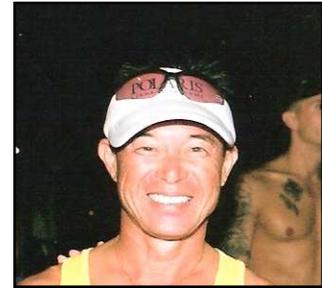
The rules for this award are detailed on our website (AWARDS button).

Lastly, the 2009 Outstanding Runner awards were given out. Winners of the open division were: **Connie Comiso-Fanelli** and **Craig Knohl**. Age division winners were: **Shaira Allosada**, **Tammy Bautista**, **Andrew Taylor**, **Michael Taratko**, **Satomi Turner**, **Kainalu Piel**, **Erwin Taboada**, **Yvette Flynn**, **Doug Tonokawa**, **Halina Zaleski**, **Michael Georgi**, **Karen Loomis**, **Scotty Anderson**, **Mike Pietrusewsky**, **Christa Obara**, **Kit Smith**, **Bill Cunningham**, and **Bob Henninger**.

MARATHON TRIVIA GAME by Les Omura

(answers on page 14)

- Which of the following cities does not host a Rock and Roll Marathon?
 - Los Angeles
 - Phoenix
 - San Diego
 - San Antonio
 - Las Vegas
- Who of the following has not won the Honolulu Marathon?
 - Don Kardong
 - Duncan McDonald
 - Jeff Galloway
 - Frank Shorter
 - Ibrahim Hussin
- Paula Radcliff owns the women's marathon record (2:15:25). Who holds the men's marathon record of 2:03:59?
 - Haile Gebrselasse
 - Paul Tergat
 - Larry Macon
 - Khalid Khannouchi
 - Samuel Wajiru
- Which one of the following is not a November marathon?
 - Pre Thanksgiving Marathon
 - Gridiron Drumstick Marathon
 - Feeling Stuffed Marathon
 - Running off the Turkey Marathon
 - Gobbler Grind Marathon
- The overall winner of this year's Route 66 Marathon (2:32) is unusual because:
 - Ran on two prosthetic legs
 - She was a woman
 - Was 64 years old
 - Pushed a stroller
- What year was the woman's marathon added to the Olympic Games?
- (Continued)
 - 1976; Montreal
 - 1988; Seoul
 - 1984; Los Angeles
 - 1980; Moscow
- What was the name of the woman who won the first Olympic Women's Marathon?
 - Gabi Andersen-Schiess
 - Joan Benoit
 - Kathrine Switzer
 - Deena Kastor
- 'Hitting the Wall' involves a lack of which bodily material?
 - Carbohydrates
 - Insulin
 - Glucagon
 - Glycogen
- Legend has it that the very first marathon was run in Greece in 490 BC. From what is the word "marathon" derived?
 - A runner
 - A place
 - A monarch
 - A distance unit
- What is the name of the Greek soldier who first ran the marathon distance to deliver a message?
 - Chalandri
 - Pheidippides
 - Herodotus
 - Spiridon
- Which of the following is not a US marathon?
 - Air Force Marathon
 - Veteran's Marathon
 - Marine Corps Marathon
 - Patriot's Run Marathon
 - Army/Navy Marathon



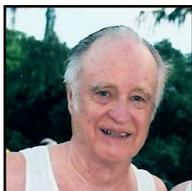
MPRRC Member **Les Omura**

Editor's note: A similar version of this game was given by Connie Comiso at our Christmas Party. No one there answered all questions correctly. We think that if you get most of the questions right you are doing well. Have fun and see how your score compares with some of your fellow runners.

- In 2008, list the marathons from most to least finishers.
 - Chicago, Los Angeles, New York, Honolulu, Boston
 - New York, Chicago, Boston, Honolulu, San Diego
 - New York, Chicago, Honolulu, Boston, Los Angeles
 - Chicago, New York, Honolulu, Los Angeles, Boston
- Some novice marathoners and distance runners have been known to develop a condition called "hyponatremia", which can be quite serious. What causes hyponatremia in runners?
 - Running with improperly-fitting shoes
 - Inadequate carbo-loading before the race
 - The rapid loss of glycogen stores
 - Drinking too much water

ASK OUR MEMBERS: Race T-Shirts

By Kit Smith



Bill Cunningham

Race T-shirts: many of us prize and possess them, assigning to some almost heirloom status. Others cast off many or most to rag bags or charities. Whatever your attitude, T-shirts are well established as a staple of big-time as well as local road racing—and sure to remain so.

Of the responses to a survey of MPRRC members, a standout in the love-'em-and-keep-em-' category is veteran runner **Bill Cunningham**. Over the years he has acquired “several hundred” race T-shirts — he is now 76 — “and I have kept them all. I dislike throwing away perfectly good shirts and find it difficult to give them to others who have not themselves run the race. I wear these piles of shirts on a rotating basis. It takes about three years for the same shirt to come around again.” Wow!!



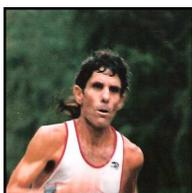
Bob Doleman

Among other road running veterans, **Bob Doleman**, a past MPRRC president now living in Oklahoma, estimates that he has acquired 1,500 to 1,700 T-shirts and kept “maybe 1,000.” “I’m more apt to keep marathon finisher T-shirts,” he says, echoing a common thought. “Usually they have a more thought-out design — and they’re harder to earn.” His favorite, though, came from a relay race — the 2000 Millennium Oahu Perimeter Relay. “Not only did I direct those runs but I contributed to the design and colors of the shirts.”



Connie Comiso-Fanelli

Connie Comiso-Fanelli has kept “maybe 200” of the 1,500-plus shirts she has gotten. Which ones? “Races with special meaning, good memories, nice designs, comfortable material.” Her all-time favorite: The shirt for an Anchorage all women’s 10K in the early ’80s. “It’s a pretty turquoise, a muscle shirt, fits well, is a soft cotton. No one else has one in Hawaii. And I had a good time in Alaska.”



Craig Knohl

MPRRC president, **Craig Knohl**, a top local runner (and surfer) for more than 30 years, has lost count of shirts received. “Usually I save the marathon T-shirts and any that are unique — for example, a special light material or long-sleeved.” Craig describes the marathon as “my favorite race” and lists his Boston Marathon finisher shirt “as possibly my favorite.”

Ron Pate, a regular age division winner, figures he has received 1,200 or so T-shirts and kept about 50. Which ones? “Those from a national championship, out-of-town or a Mainland event.” Another factor: “If I had a good race or won the event.” Ron’s favorites? No surprise: shirts he helped design — notably the long-sleeved Val Nolasco half-marathon shirts, with HA-WAII down one sleeve, and Val Nolasco shirts with Diamond Head in the design.



Ron Pate

Cheryl Bennett, a road racer for three decades keeps shirts based on “sentiment and design.” By design she means the cut of the shirt as well as the artwork — and whether the art was silk-screened (vs. iron-on). As for material, she prefers polyester (such as dri-fit). Her all-time favorite: The T-shirt from the Nike San Francisco women’s marathon, which met all her criteria besides being a major race.



Ryan Schmidt

Ryan Schmidt has acquired perhaps 150 shirts in 15 years of road racing, but not one from a marathon. “I dislike how people think completing a marathon, even if they’re walking, is somehow more important than a very fast 5K or 10K.” Ryan, 28 years old, who moved here with his wife and young daughter last September, qualifies as very fast. In the January 31 Johnny Faerber 10K, for example, he did 36:54, a 5:57 per mile pace, fifth over-all. “I still have the shirt from the first road race I won, which was 13 years ago. My wife threw it in the trash can a few years ago but luckily I rescued it before it hit the curb. It’s in terrible shape and I hardly ever wear it, but there’s no way I’m getting rid of it.” (Continued on page 13)

ASK OUR MEMBERS: Race T-shirts (Continued from page 12) By Kit Smith



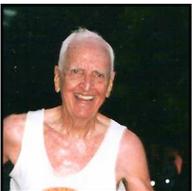
Bart Mathias



Mike Taratko



Wakaba Stephens



Bob Henninger



Karen Loomis



Ron Heller

Tammy Bautista, a road racer for six years, has kept all but one of the more than 20 shirts she has received. “Each one is a memory,” she says. The one exception is a shirt she picked up before a race that she didn’t do “because the weather was bad”. She gave it to Goodwill.

Bart Mathias, MPRRC’s chief race timer and statistician, has received race shirts for 32 years but has kept an average of just one per year. One of his keepers was from his first race — the Val Nolasco 22K (yes, that was the official distance — 13.6 miles) His other keepers mostly feature “a colorful design I like to wear in public.”

Alfredo Aromin, a road racer for 12 years, has kept only a few of the 200 or so he has received. They include one from every marathon he has done. “They are all special — because of the quality and also the logo saying ”FINISHER.” (**Bill Cunningham**, our keep-’em all collector, has a differing view. If the word “FINISHER” is in huge lettering, “I find it embarrassing.”). Another of Alfredo’s criteria: whether “it has a colorful design that I like to wear in public.”

Douglas Tonokawa, for about 35 years a runner, says “design, a nice color and quality” dictate whether to save...”Now that I think about it, I don’t really keep the white ones and I don’t like ones covered with sponsor’s names.”

Yvonne Yim (10 years a runner) says she is most apt to keep marathon finisher shirts, “because of the training and effort required and the prestige.” Her favorite came from the Nike women’s marathon “because it was in San Francisco and it was a glorious fun run.”

Mike Taratko (running 20 years) says he has kept only about 10 shirts for regular use. His criteria: good design, not white, Hawaiian cultural meaning. His all-time favorite came from a mountain bike race more than 10 years ago. “It is bright green and has the Kanji characters on it, which makes it unique.”

To **Wakaba Stephens**, a runner for just two years but already owning 10 shirts to show for it, fit matters. Her favorites are from the Straub/Kapiolani Women’s 10K and P. F. Chang 30K because in both cases the ‘small’ size is actually small. “Other race shirts are too big for me.”

Bob Henninger, a runner for 23 years, has kept about 20 of his more than 300 shirts. The keepers all reflect something special about the run or the shirt. Examples: his first age-division win (St. Andrews Priory 5K), a shirt whose design won a national award (Bay to Breakers in San Francisco), Hana Relay (Maui), and Hilo-to-Volcano Ultra (Big Island). And he has kept his 2009 Johnny Faerber 10K shirt because “It’s attractive.”

Karen Loomis who has been running “since the Pepsi run in the 1970s, has received “close to 200 shirts.” Marathon finisher shirts are probably more special, reflecting the extra effort to train and run. A friend made her a quilt, which she treasures, from her first 12 Honolulu Marathon shirts. Since returning Honolulu Marathoners have been getting duplicate shirts from the previous years, individual shirts are “not quite as special.”

Ron Heller, a runner for about 10 years, lists “a special event” as a reason for keeping shirts. An example: the first time he won a medal in a triathlon. His favorite came from a Laguna Hills (Calif.) half marathon — the shirt features a dri-fit fabric and was for a

ASK OUR MEMBERS: Race T-Shirts *(concluded from page 13)*

By Kit Smith



Doug Tonokawa

Mark Godbey, an Oregonian who has kept about 20 of his 25 shirts he has received, regards one with special aloha. It was for the 1993 Honolulu Marathon. It serves as a memorial to his uncle, Jack Wyatt, a freelance recreation writer for the Honolulu Star Bulletin and an avid walker. In 2002 Wyatt died after being pushed into the Ala Wai Canal by a crazed man. Long-time local runners remember Jack Wyatt well.

Where do the discards go?

- **Ron Pate:** “To the homeless shelter.”
- **Doug Tonokawa:** “To a charity that comes to pick them up.”
- **Bob Doleman:** “If unworn, given to friends. Otherwise to the Salvation Army.”
- **Connie Comiso-Fanelli:** “I usually give them away. Want some?”
- **Cheryl Bennett:** “Sometimes I opt for larger sizes and give them to my husband, son and friends — they love them.”
- **Bart Mathias:** “It depends on who calls me first.. Big Brothers/Big Sisters or Cystic Fibrosis.”
- **Chad Watarida:** “I use them as rags because they have holes in them.”
- **Mike Taratko:** “I use them for work around the yard and garden, or give them to my brother or friends from Japan as gifts.”
- **Craig Knohl:** “I hope to find someone to make them into a blanket. I only have one blanket so far.”
- **Rosemary Adam-Terem:** “Eventually they rise to the top of my once-worn (on race day) shirts and then I donate them to Goodwill or a running charity.”
- **Bob Henninger:** “At the suggestion of my wife, a retired school teacher, I donated over 200 shirts to our church’s pre-school, for kids to wear while painting or doing other activities.”



Chad Watarida



Rosemary Adam-Terem

Do you prefer the major artwork on the front or back?

The majority said front. “Don’t care” came in second and “back” a distant third.

Some “front” responses:

- **Ryan Schmidt:** “I prefer front, with limited logos on the back...”
- **Rosemary Adam-Terem:** “Front, because it tends to generate conversation about the event.”

Some “back” responses:

- **Craig Knohl:** “...So it can be worn as a sport shirt, work shirt, and running shirt.”
- **Yvette Flynn:** “Combined with a smaller design logo on the front, it just seems more aesthetically pleasing.”



Yvette Flynn

Marathon Trivia Game Answers:

1. A; 2. D; 3. A; 4. B; 5. D; 6. C; 7. B; 8. D; 9. B; 10. B; 11. E; 12. B; 13. D.

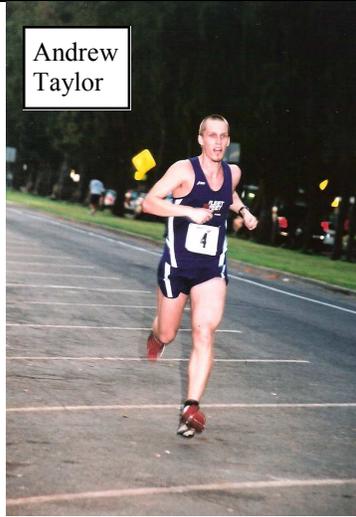
For complete race results, more pictures, and other details, log on to our website (www.mprrc.com)

2010 GREAT ALOHA RUN FIRST PLACE FINISHERS

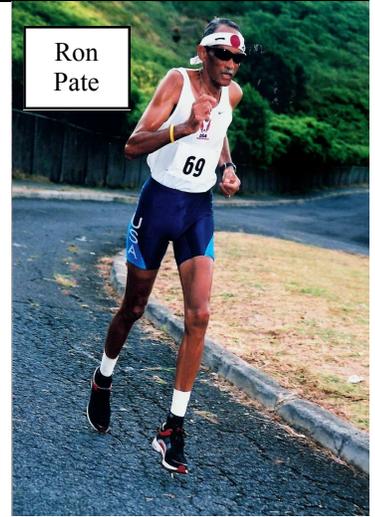
Sandra
Ferreira



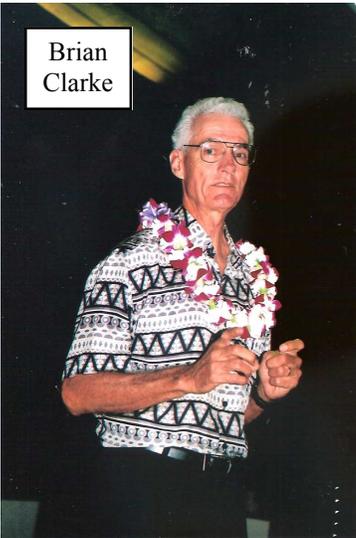
Andrew
Taylor



Ron
Pate

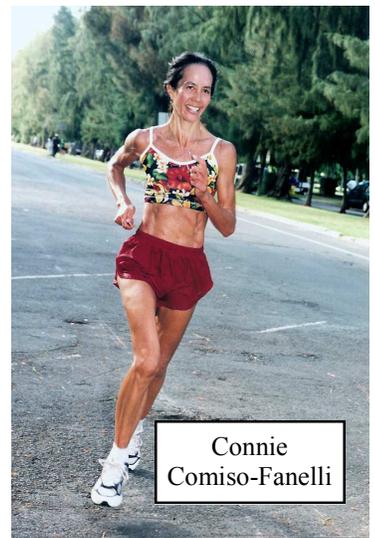


Brian
Clarke



MPRRC members did well in this year's GAR. We had ten first place finishers. Two of them **Kit Smith** and **Lyle Nelson**, were singled out (page 10) because they are part of the newsletter staff. Here we congratulate eight other members. **Sandra Ferreira** was the overall female military winner, **Brian Clarke** won the M65-69 division, **Karen Loomis** won the F60-64 division, **Andrew Taylor** won the M30-34 division, **Ron Pate** won the M60-64 division, **Connie Comiso-Fanelli** won the F50-54 division, **Mina Casey-Pang** won the F35-39 division, and **David Carlsson** won the M45-49 division. Nice going!

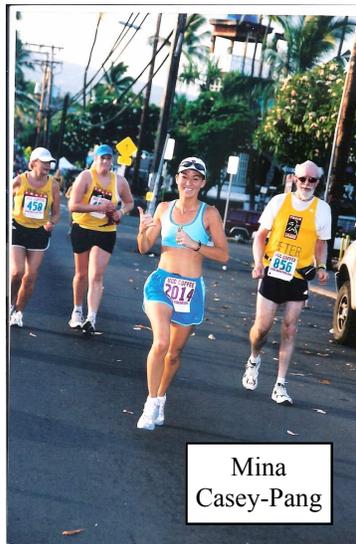
Connie
Comiso-Fanelli



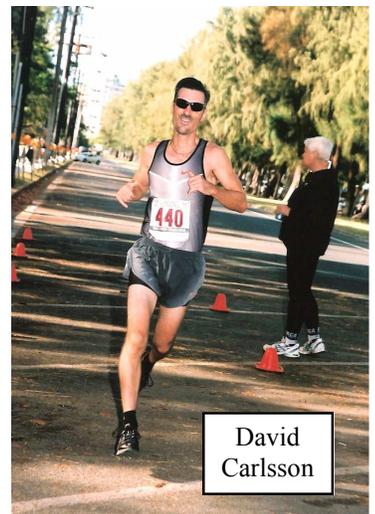
Karen
Loomis



Mina
Casey-Pang



David
Carlsson



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