



Hang Tuff's New Look

Editor's Comments

This is the second issue of Hang Tuff featuring a new look and a new philosophy towards its content and value to MPRRC's readers. There are many reasons for these changes.

First, as Mid-Pac's membership grows, Hang Tuff becomes more and more the primary interface between the Club's officers and the membership. Hopefully, Hang Tuff will become the vehicle whereby everyone can be kept abreast of the officers' activities, as well as a sounding board where your ideas, suggestions and opinions can be aired. In this way, the officers will become more responsive to your needs and shape the Club in a manner that reflects the reasons why you joined Mid-Pac.

Second, Hang Tuff will begin featuring stories about Club members, visiting personalities, and interviews with top local runners in greater depth than ever attempted before. I want to make this newsletter on a local level what Runner's World is on a national one.

By doing so, I hope to stimulate more interaction between Club members. Perhaps by reading a story about someone you'll feel more comfortable about meeting them and perhaps begin an exchange of training ideas; or at the very least make a new running friend. Oftentimes, we simply run our races and leave without socializing. Some may prefer it that way, but it seems to me to be unnecessarily limiting for you and it denies the Club an oppor-

tunity to benefit from your suggestions or even know what you want out of the Club.

Third, Hang Tuff should become a forum and mouthpiece for Hawaii's competitive runners. The Marathon Clinic is an essential part of local running. Many of us got our start there and it will continue to be a source of new members for Mid-Pac. But let's face it, one reason we all leave the Clinic for Mid-Pac is we outgrow what it can do for us.

The Clinic gets you started running. It gives you the confidence and ability to run a marathon successfully. But it doesn't give any guidance to show you how to develop speed and really push yourself to your full potential. Only Mid-Pac can do this and in future issues a regular column will be devoted to speed.

Furthermore, the goals of competitive runners are different than joggers and Hang Tuff is your vehicle for expressing your ideas concerning what those goals are.

To accomplish all of these great ambitions for Hang Tuff is going to require two things: 1.) more input from interested members. If you are interested in writing, photography, illustration, cartoons - anything relating to running submit it for publication. 2.) more money.

This issue of Hang Tuff costs five times as much as the old style. To finance it, we're going to be raising the Club's dues

and looking for advertising support. The Marathon Association's publication costs \$7 a year to be mailed to your home. For the same amount you can run all of MPRRC's races and receive 8 issues of Hang Tuff. That's a bargain. And if the publication lives up to my expectations, it will be a bargain. I promise.

Don Mueller
Editor



Greg Beal - First MPRRC Win
(See story pg. 2)

Wheeler 10 KM.

Beal Outduels Gallup In Wheeler Race

Greg Beal pulled away from Dr. Jim Gallup in the last mile to win yesterday's Wheeler-Schofield 10 kilometer race in 34:24. The nationally ranked masters runner Gallup followed Beal's course record with one for the 40-49 division, finishing in 34:48, while Luis Borja came in third overall with a 35:33.

The 117 competitors assailed the record book, with a total of seven division records shattered over the rugged 6.2 mile course.

Women were led by Kay Overcash in the record time of 43:06. She was followed by 13-year-old Kathy Barcia (43:35) and Nancy Courter (46:07). Barcia and Overcash both set course records.

Records also fell to David Rarngol in the 50-59 age group, with a 46:19; to Suzie Bartels (46:22) in the 40-49 division; and to two sisters, June and Rosanne Cunningham who crossed the finish line together in winning the elementary school division in 53:45.

Other divisional winners include Larry Buckner, Danny Barcia, Chris Courter, Jim Sweeney and Carol Davis.

Overall Time	Name	Time	Division
1	Greg Beal*	34:24	O
2	Jim Gallup*	34:48	40+
3	Luis Borja	35:33	O
4	Richard Spines	35:55	O
5	Charles Woods	37:08	O
6	Alan Fox	37:13	O
7	David Stasel	37:25	O
8	David Ueunten	37:27	O
9	Jose Borrero	37:44	O
10	Rodney Lavares	38:20	O
11	Jim Sweeney*	38:28	HS
12	Frank Pugliese	38:31	O
13	Dick Sutton	38:36	O
14	Ralph Dykes	38:43	O
15	Ed Arveson	39:03	O
16	Larry Axmaker	39:24	O
17	Randy Lavares	39:55	HS
18	Gordon Dugan	40:00	40+
19	Phil Phipps	40:05	O
20	Roger Coffey	40:08	O
21	Chris Courter*	40:15	JHS
22	Mark Perry	40:18	O
23	Gene Tighe	40:19	O
24	Al Downey	40:26	40+
25	Don McCoy	40:35	O
26	David Devenot	40:35	O
27	John Bahrenburg	40:44	O
28	Barry Bentley	40:49	O
29	Donald Leopoldo	40:51	40+

30	Arsanio Tejada	40:57	O
31	Carlos Martinez	41:13	O
32	Andreas Grieg	41:16	O
33	Dave Rankin	41:21	O
34	Tom Bailey	41:25	O
35	Tom Smyth	41:30	40+
36	Jan Medusky	41:38	O
37	Arthur Orona	41:39	O
38	Milan Mavich	41:47	40+
39	Dave Littel	42:06	O
40	Casey Ibaraki	42:12	O
41	Chuck Wall	42:38	O
42	Richard Corbin	42:54	O
43	Kay Overcash*	48:06	O
44	Ken Mohica	43:08	40+
45	Joe Dougherty	43:23	O
46	Larry Buckner*	43:27	J
47	Edward Lariviere	43:29	O
48	Doyle Edson	43:31	40+
49	Barry Oneto	43:33	40+
50	Kathy Barell	43:35	JHS
51	Danny Jordan	44:14	O
52	John Barcia	44:17	HS
53	Dan Smith	44:29	O
54	Donald Sickler	44:38	O
55	Glenn Summers	44:39	O
56	Benny Gomes	44:47	O
57	Pete Bemier	44:57	O
58	Paul T. Davis	45:15	O
59	Richard Gurrera	45:34	O
60	Paul Ferraro	45:37	O
61	Jerome Miller	45:58	O
62	Nancy Courter	46:07	O
63	Jon Bishop	46:15	HS
64	Bill Cunningham	46:15	40+
65	Roy Jones	46:16	O
66	David Rerangol*	46:19	50+
67	Susie Bartels*	46:22	40+
68	Robert Mumby	46:43	J
69	Gary Faas	46:45	O
70	Allen Huemer	47:08	O
71	Ed Casey	48:33	40+
72	Lloyd Souza	48:38	J
73	Harry Campbell	49:02	O
74	Mark Williams	49:37	J
75	Ted Jongblood	49:48	O
76	Danny Barcia*	49:55	E
77	John Cothan	50:17	J
78	Mike Steiner	50:42	O
79	Wayne Rippel	50:49	O
80	Tom Burnett	51:01	40+
81	Hugh Price	51:26	J
82	Stacey Axmaker	51:33	E
83	Pete Barcia	51:52	J
84	Tom Ferguson	51:56	40+
85	Phil Levitt	52:19	O
86	John Talbott	53:10	40+
87	Sid Busch	53:28	O
89	Brian Higgins	53:43	JHS
90	June Cunningham*	53:45	60+
91	Rosanne Cunningham*	53:45	60+
92	Henry Kariel	54:10	50+
93	Carol Davis*	54:21	J
94	Pat Smith	54:23	J
95	Beth Kalal	54:30	O
96	Duane Nakamura	54:34	O
97	Gerald Krause	54:37	O
98	Billy Cunningham	54:50	JHS
99	Anthony DiCenzo	55:19	O
100	Cathy Huemer	55:22	O
101	Eric Talbott	55:42	HS
102	Stuart Axmaker	55:57	JHS
103	Shelley Axmaker	55:57	JHS
104	Laura McMarlin	55:59	JHS
105	Amy Barcia	56:00	JHS
106	Les Cordova	56:07	O
107	Betty Nakasone	56:22	40+
108	Glenn Cunningham	57:21	E
109	Giovanni Bartolini	59:10	O
110	Pedro Cotto	59:40	O
111	Judy Brown	59:40	O

Ed Fettig	60:41	O
Diane Cohen	63:59	J
114 Marlynn Krause	64:05	O
115 Clifford Miller	65:20	O
116 Carol Miller	65:20	J
117 Masao Wakatake	65:23	O

Lanikai Bikepath 5 MI.

Beal Wins Third Straight

Twenty-eight year-old Greg Beal won his third straight distance race as he covered the 5 mile Lanikai Bikepath in a course record 25:28 yesterday. Beal, fresh from his Kamehameha Day victory faced a strong field, but jumped to an early lead which was never relinquished. In second overall was Mike Tymn, 42, who broke the masters record with a 25:46. Don Mueller recorded a 26:23 to take third in the field of 110 finishers.

Women were led by 13-year-old Kathy Barcia in 33:24 who was closely shadowed by another junior high runner, Kim Downey, with 33:29. Both were eight minutes under the old junior high mark. In third overall was women's masters runner Susie Bartels who bettered the 40-49 mark with 35:12.

Also age group records were set by Joan Flynn, Ruth Waidelich, June and Rosanne Cunningham, George Ishiki, Milt Fryer, Danny Barcia and Steven Greaney.

Other Divisional winners included Roy Yosukochi, Chris Courter, Maureen Luebbe, Kelli McCormick, Charlotte Seisi and Jamie Downey.

Overall Time	Name	Time	Division
1	Greg Beal	25:28	O
2	Mike Tymn	25:46	40+
3	Don Mueller	26:23	O
4	Jim Gallup	27:01	40+
5	Dave Riddle	27:32	O
6	Alan Fox	27:50	O
7	Chuckie King	28:06	O
8	Ross Rowley	28:13	O
9	Steven Greaney	28:59	HS
10	Ed Kobayashi	29:02	O
11	Steve Costa	29:03	O
12	B. B. Broshears	29:05	O
13	Hinkson Chun	29:28	O
14	John White	29:29	40+
15	Jerry Chun	29:31	O
16	Daven Chun	29:38	HS
17	Chris Courter	29:55	JHS
18	David Krupp	30:11	O
19	Mark Perry	30:19	O
20	Donald Leopoldo	30:33	40+
21	Don Smith	30:36	O
22	Dave Devenot	30:38	40+

23	Dan Tompkins	30:47	40+
24	Tom Smith	30:48	40+
25	Dennis Hairston	30:52	O
26	Jim Sweeney	30:54	HS
27	Buyan Terauchi	31:22	HS
28	Mike Robinson	31:25	O
29	Reece Miller	31:30	O
30	Casey Ibaraki	31:31	O
31	Noble Beck	31:43	O
32	Jeff Rowley	31:57	O
33	Bill King	32:27	O
34	Dave Huntley	32:41	O
35	George Ishiki	32:47	50+
36	Tom Davis	32:49	O
37	Ed Casey	32:59	40+
38	Dennis Morisada	33:11	O
39	Jim Moberly	33:16	40+
40	Kathy Barcia	33:24	JHS
41	Kim Downey	33:29	JHS
42	Terry Stewart	33:55	O
43	Wayne Young	34:09	O
44	Doug Tremaine	34:15	O
45	Bill Cunningham	34:17	40+
46	Chuck Strang	34:35	40+
47	Hunky Chun	34:39	40+
48	Steven Lipner	34:42	O
49	Doug Schuamel	34:46	40+
50	Jerome T. Miller	35:02	O
51	John Barcia	35:10	HS
52	Roy Yasukochi	35:11	J
53	Susie Bartels	35:12	40+
54	Jeff Watson	35:38	O
55	Maureen Luebbe	35:40	O
56	Danny Barcia	35:45	E
57	Frank Suenaga	35:48	40+
58	James Day	35:54	O
59	Pete Barcia	36:07	J
60	Mary Jane Swing	36:23	O
61	George Murray	36:26	50+
62	Sig Ramler	36:28	50+
63	Mike Hadfield	36:49	J
64	Joe Barcia	36:56	E
65	Jon Bishop	37:12	HS
66	Robert Ualle	37:23	40+
67	Tom Ferguson	37:32	50+
68	Milt Fryer	37:35	60+
69	Kelli McCormick	37:52	J
70	Cyndy Hickman	38:11	J
71	Sid Busch	38:46	O
72	Alvin Kim	38:50	J
73	E. P. Brown	39:01	40+
74	Cindy Chong	39:46	O
75	Ray Miller	39:48	O
76	John Stobinski	39:50	O
77	Carol Davis	39:52	O
78	Ray de Hay	39:56	50+
79	Joan Flynn	39:58	50+
80	Omer Bussen	40:39	40+
81	Sharon Colon	41:01	O
82	Charlotte Seisi	41:03	HS
83	Jamie Downey	41:03	HS
84	Rosanne Cunningham	41:08	E
85	June Cunningham	41:08	E
86	Connie Chun	42:40	50+
87	Cliff Miller	42:52	J
88	Amy Barcia	43:27	JHS
89	Billy Cunningham	43:31	JHS
90	Laura McMarlin	43:43	HS
91	Julia Barcia	43:50	E
92	Cathy Rowley	44:17	O
93	Judy Suan	44:24	O
94	Glenn Cunningham	44:36	E
95	Karen Courter	44:40	E
96	Rene Sollod	46:20	J
97	Marjorie Muecke	46:39	J
98	Bill Hodge	47:01	60+
99	Linda Riddle	47:01	J
100	Vernon Kamiyama	48:49	J
101	Carol Miller	48:54	J
102	Doug Kalal	51:33	JHS

103	Grace Hutzler	53:25	J
104	Karl Hutzler	53:26	40+
105	Kathy McMarlin	54:12	HS
106	Casey Neuman	58:32	J
107	Matthew Kalel	62:03	E
108	Ruth Waidelich	65:44	60+
109	Joan Pollio	69:43	40+



Sue Krenn – The Final Stretch At Kaena Point

Kaena Pt. 9.5 MI. David Riddle and Sue Krenn Win Kaena

Sue Krenn and Dave Riddle topped the field at the grueling 9.5 mile Kaena Point Cross Country Race sponsored by the Mid-Pacific Road Runners Club yesterday.

Riddle, 26, led the 62 finishers with a time of 57:26.6, with Paul Ueunten second at 58:36.7 and Frank McDonald third at 59:47.9.

The women's field was all Sue Krenn's, owner of the 5th fastest U.S. women's marathon time and third place finisher at the 1979 Boston Marathon. Krenn, a school-teacher in the islands for a couple of months' student work at the University of Hawaii, placed 13th overall and was first among the women with a time of 1:04:46. She was followed by Diane Fujimura and Rimini Bartolini.

In the men's 50-59 division, George Ishiki, followed his divisional win at the Hilo Marathon by winning again in 1:13:26.

Other division winners were Steven Paik, Michael LaPierre, Robert Mumby, Marsha Hamilton, and Susan Schmidt.

Overall Time	Name	Time	Division
1	Dave Riddle	57:26	O
2	Paul Ueunten	58:36	O
3	Frank McDonald	59:47	O
4	Steve Sedlacko	60:07	O
5	Giovanni Bartolini	60:45	O
6	Steve Costa	61:11	O
7	Micheal LaPierre	62:32	40+
8	Rick Kahle	63:21	40+
9	John White	63:59	40+
10	Ron Peroff	64:14	O
11	Bill Seymour	64:35	40+
12	Dan Mitchell	64:39	O
13	Sue Krenn	64:46	O
14	Harry Jensen	65:57	O
15	Bob Gardner	66:07	O
16	Craig Bartlett	66:52	O
17	Robin Robinson	67:14	O
18	Ralph Dykes	67:15	O
19	Dean Ando	68:18	O
20	Alan Fox	69:21	O
21	Bill McConachie	70:14.0	O
22	Thomas Uanderhout	70:14.3	O

feedback

Tell me what you think of Hang Tuff's new look, the content and suggestions you have for ways it can be improved or features you'd like to see.

- The new look is:
 - too slick
 - so-so
 - a nice improvement
- I would like to see more articles about:
 - National running personalities
 - Recipes for serious runners
 - New Club members
 - Training ideas from local runners
 - New running courses
 - Photos from races
 - Club gossip
 - Mainland races
 - Running tours
 - Others
- I do ___ or don't ___ mind Hang Tuff costing more.
- Furthermore I think:

If you have any further comments, please call me at 521-1834. Otherwise, send this response card to me:

Don Mueller
1170 Waimau St.
Honolulu, Hawaii 96814

23	Dee Concepcion	71:54	O
24	Robert Bosshart	72:04	O
25	James Johnston	72:12	O
26	Jeff Nakasone	72:13	O
27	John Alexander	72:33	O
28	Rich Gurrera	72:55	O
29	Larry Buckner	73:10	O
30	Reece Miller	73:13	O
31	Jim Moberly	73:16	40+
32	George Ishiki	73:26	50+
33	Mark Crawford	76:44	O
34	Noble Beck	77:29	O
35	Gary Smith	77:38	O
36	Diane Choy Fujimura	77:46	O
37	Chuck Strang	78:59	O
38	Robert Mumby	79:32	40+
39	Rodney Guba	79:41	O
40	Tom Ferguson	81:32	50+
41	Steven Paik	82:38	HS
42	Leif Ourston	84:34	O
43	Mike Stein	84:45	O
44	Ron Markarian	88:58	40+
45	Maury Meylan	89:33	J
46	Peter Smith	92:45	O
47	Richard Drozd	73:04	O
48	Richard Rodrigues	93:08	J
49	Kevin Bohlen	93:26	J
50	Jon Bishop	74:01	HS
51	Marsha Hamilton	94:01	JHS
52	Ray Newman	96:17	J
53	Bruce Lamura	96:19	J
54	Buck Jones	97:39	50+
55	Susan Schmidt	99:25	J
56	Rimini Bartolini	102:14	O
57	Linda Riddle	105:03	J
58	Carol Miller	110:09	J
59	Cliff Miller	110:10	J
60	Jane Lockwood	121:31	J
61	Ted Driver	128:?	O
62	Doug Kelly	128:?	O



MPRRC's 7/18 Meeting Highlights

The new Club handbook is functional and first-rate. Glenn Mason and Lou DiSanto deserve a hand for a job well done. If you haven't gotten yours, just pay your annual dues to Lou and get one free.

Mid-Pac is having a Club picnic at Bellows Beach. Area 5A on August 25. There's room for only 150. Call Glenn Mason (947-1949) for details.

Members voted for the Club to co-sponsor the Norman Tomanaha 15 km with the Hawaii Masters Track Club in 1980.



Kaena Point - Winner Dave Riddle and Fan

Renew Your Membership Dues To \$7

MPRRC's fiscal year is from June 1 to May 31. Unless you're a lifetime member (\$100) your membership must be renewed every year. For your money, it's the best running bargain in Hawaii. The Club sponsors almost 16 individual races a year, plus major relays. Being a member lets you skip the normal \$1 entry fee. Plus, you receive a useful Club handbook and are put on Hang Tuff's and Footnotes' (national RRC newsletter) mailing list. Socially, it gets you into the best party of the year - Mid-Pac's annual Pre-Marathon Loading Party, where you can rub shin splints with national class runners here for the Honolulu Marathon.

To renew your membership, simply pay your dues at any Club race or mail your check to Lou DiSanto, Membership Chairman, 3832 B Pukalani Place, Honolulu, Hawaii 96816.

Circle These Dates

- July 29 (Sun) Run to the Sun
37 miles Valley
Isle RRC
- Aug 5 (Sun) Kolekole Pass Relay
(5 man) 38 miles
MPRRC
- Aug 19 (Sun) AAU 10 Km
Kaneohe MCAS
MPRRC
- Aug 25 (Sat) Molokai 15 Km
Sheraton Hotel/
Hawaiian Air

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