



Why Are You Running In That Crowd?

The other day Mike Tymn phoned me. He had gotten some complaints from runners disappointed in The Advertiser's coverage of the Val Nolasco 22Km Memorial Run. Mike figured because it's always been billed as a fun run and competitive runners were discouraged from entering, that the race (Oops! Make that "fun run") should be low key without any special play in the press. He was surprised at the number of "good" runners in the race and was wondering why they entered.

I said it was probably a coincidence. The distance and the fact it's two months before the Marathon make it a good race to determine how your training is progressing. But, after I hung up I started wondering if there isn't more to it, something having to do more with egotism than pragmatism.

Everyone has heard about the "loneliness of a long-distance runner." While you're putting in your miles of training, others have parked themselves in front of the television with a beer. And even when you race, how many true spectators are there to appreciate your heroic efforts? Darn few. So instead of feeling sorry for ourselves, we talk about personal goals, inner motivation, discipline. These are the qualities that count. Gives you a certain warm feeling, doesn't it? Smugness, it's called.

Ahh, but somewhere in each of us is a touch of vanity, something called "Pride." I think deep down we all want recognition. To paraphrase a remark made by Andy Warhol, we all want to be 15 second celebrities. Why do all those fans at football games make idiots of themselves when a TV camera pans pass? To be seen. To be noticed. "Look, Mom! It's me! On national TV!"

Well, in running, we don't have the crowds or TV cameras (after the disastrous coverage of the New York Marathon, it'll probably be 50 years before TV tries again.) All we have is each other.

That's enough. Give me an out-and-back course and 2,500 runners, and I'll be there. And so will you. If you're a good runner it gives you a chance to perform in front of a knowledgeable crowd that empathizes with you and realizes how much work you've put in to get where you are.

There's no better feeling than to be running near the lead coming

back by the crowd, hearing your name called, getting an encouraging shout. It can be a very emotional moment.

In a track meet, you'd be ashamed to say you came in tenth in a race, but to do the same at Diet Pepsi, the Kam Day Kuikini, or Honolulu Marathon, is to finish in the top 1%. It sounds good and you feel good, too.

Even if you aren't a good runner, there's something in a big race for you, especially one that attracts "name" runners. How many of us have stood among non-running friends at work or a party and said, "Jeff Wells? Don Kardong? Oh yeah I met (or ran against) them at last year's Marathon. Great guys."

Running in America is truly a phenomenon: the only sport where the participants are the spectators. Maybe that's what the words "the running community" mean.

Late-Breaking News

Find out how to have a healthy year of running at MPRRC's first Runner's Fair. It's at McCoy Pavillion at Ala Moana Park on January 15, 1980; 7:30 PM. Among the vast variety of topics are: injury prevention, types of injuries, stress, women's running problems, shoe construction and reconstruction, racing vs. fitness running. For more information call Dick Hoyer 373-2609.

Inside Track

Race Results	Page
Pearl Harbor 10 Km	2
Tantalus 10 M	7
Schofield 25 Km	4
Moanalua 10 Km	6
Kailua Beach 4.8 M	3
Kawainui Swamp 6.9 M	8
2nd Running Camp	3

10 Kilometer

Pearl Harbor Bike Path

Brook Thomas announced his return to Hawaii by winning the September 16 Pearl Harbor Bike-path 10 kilometer. Thomas, 31, and Mike Tymn shared the lead through the first three miles before Thomas surged to the front to stay. He crossed the finish line in a course record 31:57.5 and was followed by Tymn's masters record time of 32:14.8. Rounding out the top three overall was Don Mueller, with a 33:52.6.

The women's division was topped by Kathy Barcia, who led all the way to set a junior high school mark of 42:42. She was followed by Kim Downey, who also set a course mark in the high school division with a 43:53. Third overall in the distaff division was Nancy Courter, 44:00, who topped the open division.

Of the 120 competing five others also set age group records on the course. For the men George Ishiki (50-59) ran a 42:12, Daven Chun (high school) recorded a 37:00, Chris Courter (jr. high) ran 37:34 and Danny Barcia (elem.) set a new record with his 43:54. Karen Courter set another record in the women's elementary school division by clocking 47:05.



Brook Thomas

1	Brook Thomas	31:57.5	0	62	Ron Tasket	44:22	0
2	Mike Tymn	32:14.8	40+	63	Hunky Chun	44:32	40+
3	Don Mueller	33:52.6	0	64	David Rarangol	44:32	50+
4	Greg Castello	34:45.4	0	65	Dan Gudeman	44:59	J
5	Tony Seden	35:04.9	0	66	John Cotham	45:07	J
6	James Ennis	35:41.2	0	67	Bob Wilson	45:07	0
7	Stuart Harp	35:44	0	68	Bill Cunningham	45:35	40+
8	Craig Bartlett	36:06.6	0	69	Mark Matsuura	45:37	0
9	Frank McDonald	36:20.1	0	70	Renee Yuen	45:45	0v
10	Jerry Chun	36:23.2	0	71	Alvin Kim	45:58	J
11	Jeff Jacobs	36:47.9	0	72	Tom Ferguson	46:23	50+
12	Jeff Nakasone	36:51.6	0	73	Lloyd Souza	46:26	J
13	Mark Perry	36:53	0	74	Bobby A. Smith	46:36	0
14	Dave Chun	37:00	HS	75	Al Chun	46:42	0
15	Ralph Duckett	37:09	0	76	Karen Courter	47:05	E
16	Mike LaPierre	37:22	40+	77	Joan LaPierre	47:16	0
17	Scott Bulfinch	37:26	0	78	Al Perez	47:42	40+
18	Chris Courter	37:34	JHS	79	Lance Wiebe	47:55	E
19	Larry Axmaker	37:35	0	80	Peter Barcia	48:06	40+
20	Hinks Chun	37:40	0	81	Robert Mumby	48:12	J
21	Lewis Fallon	37:57	0	82	Joseph Oshiro	48:24	50+
22	Torin Edwards	38:00	HS	83	David Arakaki	48:32	J
23	Jim Rose	38:07	0	84	Ed McKnight	48:42	0
24	Dennis Engstrom	38:13	0	85	Roosevelt Kemp	48:47	0
25	Danny Fazio	38:19	0	86	Kent Kjelstrom	48:48	J
26	Joseph Tracy	38:26	0	87	Joe Mastrantonio	49:14	J
27	Robin Robinson	38:37	0	88	Sean Axmaker	49:39	HS
28	Rick Kahle	38:48	40+	89	Jerome Miller	50:04	0
29	Donald Leopoldo	38:55	40+	90	Duane Nakamura	50:19	J
30	Michael Calloway	39:00	0	91	Patricia Gillespie	50:22	0
31	Bob Guild	39:04	0	92	Dave Robertson	51:10	0
32	Bruce Elwell	39:09	0	93	Joe Barcia	51:50	E
33	Bob Gardner	39:13	0	94	Stacey Axmaker	52:03	E
34	Milan Marich	39:31	40+	95	Sharon Colon	52:17	0
35	James Johnston	39:41	0	96	C.E. Jones	53:02	50+
36	Bill Edwards	39:52	0	97	Jamie Downey	53:23	HS
37	Casey Ibaraki	40:03	0	98	Beth Kalal	53:36	0
38	Dick Asato	40:05	0	99	June Cunningham	54:32	E
39	Terry Haakenson	40:12	0	100	Curtis Toma	56:33	JHS
40	Sam Jones	40:26	0	101	Amy Fekete	56:34	E
41	Doug Schramel	40:30	40+	102	Roseann Cunningham	56:35	E
42	Richard Shimizu	40:32	0	103	Randy Scoville	57:22	J
43	Michael Power	40:35	0	104	Helen Rondstedt	58:06	0
44	Bernard Jaceng	40:42	40+	105	Amy Barcia	58:36	JHS
45	James Palmer	41:16	0	106	John Long	58:38	J
46	Ray Kemp	41:20	0	107	Jenny Schjang	59:31	E
47	John Barcia	41:26	HS	108	Dennis Schaefer	59:31	0
48	Carnell Durant	41:34	0	109	Vernon Kamiyama	59:51	50+
49	Rodney Guba	41:41	0	110	Mike Rickey	60:02	50+
50	George Ishiki	42:12	50+	111	Charles Keller	61:16	0
51	Chuck Strang	42:19	40+	112	Jim Kennedy	63:12	0
52	Kathy Barcia	42:42	JHS	113	Pat Kennedy	65:06	JHS
53	George Miyashiro	43:25	J	114	Michael Kennedy	65:06	JHS
54	Kim Downey	43:53	HS	115	Vincent Schjang	68:50	E
55	Dan Barcia	43:54	E	116	Stuart Axmaker	68:53	JHS
56	Nancy Courter	44:00	0	117	Julie Barcia	68:57	E
57	Judy Kjelstrom	44:01	0	118	Ella Schjang	70:48	JHS
58	Ralph Stephenson	44:07	40+	119	May Schjang	72:32	HS
59	Daniel Vandergrift	44:14	HS	120	Matthew Kalal		E
60	Roger Singler	44:16	0		Doug Kalal		JHS

A Camp Success, 2nd Planned

Camp Hamilton, named after Scott because of his years of dedicated service in the Mid-Pac Road Runners Club, was held at Camp Pamalu, a Girl Scout camp on the north shore. Participants relaxed away from their everyday routines and surroundings. They made new friends, shared experiences, learned from the speakers as well as each other and ran to their hearts' content. Helping with the camp duties, eating second and even third helpings and drinking cold beer was all part of the fun. Moreover, perfect weather, a full moon and roaring fireplace made the weekend even more memorable.

Speakers such as Brook Thomas, Brian Clark, Max Telford, Bob Peterson and Dr. Kent Davenport provided enough food for thought on a wide variety of running topics to last each participant several months.

It was indeed a dream come true, and how economical can you get? All this and windbreakers too for only \$30!

A second camp has been planned for the 2nd or 3rd weekend in April '80. The planned \$30 cost of the weekend at camp includes lodging and all meals. A very active schedule is planned that will include guest speakers, a coaching staff, special events, and plenty of running.

Only 40 MPRRC members plus the staff and invited guest speakers will be able to attend due to limited facilities. In order to reserve your spot at this camp the application below must be filled out and accompanied by your camp fee of \$30. Applications will not be accepted prior to the MPRRC's Educational Meeting planned for January. (See details in this issue of Hang Tuff). Acceptance of applications at that event will be on a first-come first-served basis and then by mail after that meeting to the following address only:

MPRRC KAH I HOLO
650 N. Kainalu Dr.
Kailua, HI 96734

Once the limit of 40 is reached a first-come first-served list will be maintained to provide for replacement of people unable to attend. Note that individuals who are placed on this list will receive their deposit back. Individuals who are among the first 40 and are unable to attend will be refunded their deposits up until three weeks prior to the actual camp. More details will be presented at the Educational Meeting or you can call Chuck Wall at 471-9069 during the day.

Mail completed form and Camp Fee of \$30 to:

MPRRC KAH I HOLO
650 N. Kainalu Dr.
Kailua, HI 96734

NAME _____ AGE _____ SEX _____

ADDRESS _____

HOME PHONE _____ BUS PHONE _____

Do you wish to have a blood chemistry done? _____



Kailua Beach Run High Tides, High Times

Despite the problems of a steeply-angled beach and a high tide, records were set by Dan Barcia, 34:08 (elementary); June Cunningham, 37:42 (elementary); Chris Courter, 30:09 (Jr. high school); Kathy Barcia, 34:28 (Jr. high school); and Dianne Schatz, 60:48 (novice).

1	Don Mueller	28:39	0
2	Jim Gallup	28:51	40+
3	Alan Fox	29:49	0
4	Robert Flick	30:04	HS
5	Chris Courter	30:09	JHS
6	Rick Jones	30:30	0
7	Mark Perry	32:44	0
8	Dan Tompkins	33:00	0
9	John Barcia	33:18	HS
10	Dennis Morisada	33:27	0
11	Bill Cunningham	33:45	40+
12	Dan Barcia	34:08	E
13	Ed Duel	34:18	0
14	Kathy Barcia	34:28	JHS
15	Darryl Keane	34:57	0
16	Gordon Dugan	35:23	40+
17	Joe Barcia	35:44	E
18	Al Chun	36:15	J
19	G. Murray	36:47	50+
20	Peter Barcia	37:32	40+
21	Nancy Courter	37:40	0
22	June Cunningham	37:42	E
23	Steve Dixon	38:05	0
24	Dave Rarangol	38:20	50+
25	Karen Courter	38:37	E
26	Glenn Cunningham	38:45	JHS
27	Kelli Good	40:04	HS
28	Carter Jones	40:05	40+
29	Roseann Cunningham	40:27	E
30	Stanley Balbuena	41:32	40+
31	Billy Cunningham	41:45	JHS
32	Sharon Colon	42:40	0
33	Ron Markarian	42:40	40+
34	Bert Gallant	43:40	0
35	Bill Hodge	44:48	60+
36	Laura McMarlin	45:10	HS
37	Andy McMarlin	45:14	E
38	Hank Prohm	46:58	J
39	Eric McCurdy	46:59	0
40	Rick Sinclair	48:40	J
41	David Barninger	49:04	J
42	James McMarlin	49:50	E
43	Julie Barcia	60:48	E
44	Dianne Schatz	60:48	J
45	Benjamin Prohm	62:19	E
46	Julie Barcia	62:37	40+

Short Bursts

Now that the Honolulu Marathon is over, shall we get back to normal? What is normal, anyhow? Glenn Mason stuffed us at the Xmas Party at Ft. DeRussy, and Ron Markarian introduced a wide range of VIPs including Boston Marathon's Will Cloney and New York Marathon's Fred LeBow (to whom the Ibaraki's sold a shirt). Following Jack Scaff on Don Robb's TV presentation of the Marathon, just who came around the corner one-by-one? The Motley Crew! Boston Marathon enthusiasts, including Judy Brown and Leona Quinn, hosted Will Cloney to a party December 4, and we understand he was last seen feeding the Hunky Bunch pig and then disappeared. During the Marathon, Chuckie King kept his stride as he turned off into the bushes of Claire Booth Luce's estate (asking price before his stop was \$2 Mil). Greg Beal, in Press Shirt, flipped over his bicycle handlebars on Diamond Head, with assorted nicks-nacks. Johnny Faerber missed the Marathon to win 40-45 Division with a 2:42 in the Las Vegas Celebrity Marathon. Club members Jim Moberly, Tom Smyth and Willy Williamson have taken the lead in organizing a National Race Directors Association as an outcome of the big meeting this year. Gordon Dugan gave his only daughter in marriage 15 hours before the marathon start, then figured all that rice slowed him down on the return to Diamond Head. Amidst the puddles in the park was Tenacious Striders (nee Charlie's Boys), very proud of their banner that a Japanese wanted to exchange (without success), and devouring the turkey Spencer Chapman won in the Turkey Trot for guessing his time (well, almost). If they run like they eat turkey, look out, Hamburgers! Meanwhile, back to Club business. Chuck Wall and Sharon Colon will co-direct April's repeat of running camp, and Dick Hoyer has tricks

up his sleeve for an Education Committee "Runners' Fair" January 15th evening at McCoy Pavillion, Ala Moana Park. Win Sale showed up proclaiming his baby had not yet arrived, with what looked like his wife but so slim. Was the twin sister who was not expecting. With Jack Scaff adding fireworks to the Marathon start, what should the 140 Relay have, Roman Candles?

Dan Tompkins and Dick Hoyer as Co-Directors of the Running Camp showered with compliments but were not immune to mosquitoes. Those at Camp Hamilton will recall quotables: Brook Thomas - "If you want high numbers, convert to kilometers". Kent Davenport - "Triglycerides don't mean anything". (But us blood brothers and sisters were concerned with Alkaline Phosphatase, Creatinine/Bun, and Total Bilirubin). Bob Peterson - "Breakfast like a King, lunch like a Prince, have dinner like a Slave". Greg Helm - "The pressure on the nerve endings will cause him to let go". At a Girl Scout Camp, beer was contraband but available. During a SAM en masse run entitled "Light Running with Brook Thomas", flashlights were mandatory. At other times by full moon, the Comsat saucers looked like giant buttercups. How could Mark Nozares of Army get lost on an Army Training Reservation? It's easy, as dozen of noon-time runners straggled in for lunch after it was mostly gone. It wasn't orienteering, but disorientation.

Jill and Dan McCafferty reside at 7800 "C", Stenton Avenue, Apt. 305, Philadelphia, PA, 19118.

By Scott Hamilton
Call 923-3308

5Km

Sailor Breezes Thru Schofield

Mike Blackburn, who recently came in from sea duty on a Navy destroyer, cruised in ahead of the field at the Schofield 25Km race on October 28. Greg Beal was forced off the pace by bowel problems, but still managed to run a good time.

The top women were Joni Pagalla (1:46:18), Sara Freeman who's rapidly improving, and Noel Murchie (1:52:46).

1	Mike Blackburn	1:26:30	M
2	Jim Gallup	1:27:08	40+
3	Michael Georgi	1:28:39	0
4	Bob Noble	1:29:47	0
5	Greg Beal	1:32:36	0
6	Giovanni Bartolini	1:32:55	0
7	Reuben Dias	1:33:21	0
8	Alan Hudson	1:33:33	0
9	Charles Woods	1:33:38	0
10	Anthony Sedeno	1:34:12	0
11	Henry Richmond	1:34:25	0
12	Alan Fox	1:34:29	M
13	Johnny Faerber	1:34:43	40+
14	Mike McCormick	1:34:57	0
15	Sam Rojas	1:35:43	0
16	Frank McDonald	1:36:38	M
17	Craig Bartlett	1:36:47	M
18	Dick Hoyer	1:37:07	0
19	Bill Astman	1:37:14	0
20	Ralph Duckett	1:37:58	0
21	Scott Bulfinch	1:38:03	M
22	Curtis Liu	1:38:23	0
23	Ed Williams	1:39:04	M
24	Joseph Grove	1:39:08	M
25	John Bourbeau	1:39:13	0
26	Rick Kahle	1:39:41	40+
27	Spencer Chapman	1:39:55	0
28	Bill Edwards	1:40:19	M
29	Bruce Elwell	1:40:28	M
30	Mark Perry	1:40:47	0
31	Larry Axmaker	1:40:53	0
32	Paul Ryan	1:41:53	0
33	Donald Leopoldo	1:41:57	40+
34	John O'Brien	1:42:21	M
35	Les Saito	1:42:42	0
36	Terry Haakenson	1:42:45	M
37	Gordy Simms	1:43:13	M
38	John Cogan	1:43:43	J
39	Casey Ibaraki	1:45:51	0
40	Jeff Rowley	1:45:52	0

41	Robin Robinson	1:45:56	0	101	Ed Fetting	1:55:04	40+	162	Paula Wargo	2:12:45	0
42	Bill Rakow	1:46:06	M	102	John Kelleher	1:55:29	0	163	Thomas Mitchel	2:14:23	40+
43	Tom Early	1:46:06	M	103	Judy Brown	1:55:32	0	164	Robert Valle	2:14:34	40+
44	Dave Davenot	1:46:07	40+	104	Suzie Klein	1:55:43	0	165	Ed McKnight	2:15:15	0
45	Mike Findlay	1:46:12	M	105	Doug Tremaine	1:55:58	M	166	Bobby A. Smith	2:16:07	M
46	Joni Pagalla	1:46:18	0	106	Steve Welch	1:56:09	J	167	Carol Davis	2:16:29	0
47	Jeff Nakasone	1:46:25	0	107	Benjamin Gomes	1:56:36	0	168	Albert Perez	2:16:46	40+
48	Al Downey	1:46:25	40+	108	Roy Jones	1:56:36	0	169	Joyce Spoehr	2:16:54	0
49	Donald Nakauchi	1:46:42	0	109	Itsuo Tomita	1:56:51	40+	170	Raymond Drummond	2:16:56	M
50	Robert Clarke	1:46:42	M	110	Neal Miller	1:57:22	0	171	Faye Kelly	2:17:25	0
51	Mike Meulemans	1:46:48	0	111	Paul T. Davis	1:57:33	M	172	Connie Chun	2:17:36	50+
52	Unknown	1:46:48		112	Doyle Edson	1:57:40	40+	173	Bill Hughes	2:17:44	0
53	Fernando Atienza	1:46:56	40+	113	Jerome Miller	1:57:58	M	174	Buzzy Klein	2:17:58	E
54	Tom Smyth	1:47:02	40+	114	Lou Lubag	1:58:25	40+	175	Phil Badua	2:18:22	0
55	Ken Kramer	1:47:05	40+	115	Ray Miller	1:59:17	0	176	Jim Fasano	2:19:23.4	40+
56	Bill Yuen	1:47:21	0	116	Keith Allen	1:59:29	0	177	Donald Moser	2:19:23.6	M
57	Doug Schamel	1:47:28	40+	117	Bill Cunningham	1:59:32	40+	178	Beth Kalal	2:19:49.1	0
58	Thad Suter	1:47:30	0	118	Laurie Hall	1:59:34	0	179	John Glenden	2:19:49.7	M
59	Basil Fossum	1:47:34	M	119	James Corbin	1:59:35	M	180	Glenn Arita	2:20:49	J
60	Jerry Jones	1:47:41	40+	120	Brian Higgins	1:59:55	JHS	181	Sid Busch	2:21:16	M
61	Kerwin White	1:47:54	0	121	Lance Wiebe	1:59:56	E	182	Steve Engebretson	2:21:33	M
62	Gilbert Lum	1:48:02	50+	122	Jesus Martinez	2:00:34	M	183	Scott Souder	2:22:37	J
63	Micheal Power	1:48:08	0	123	Carmen Frankhauser	2:01:08	0	184	Deb Berthiaume	2:22:41	0
64	Milan Marich	1:48:10	40+	124	Tom O'Malley	2:01:08	M	185	Dolly Beacham	2:22:56	0
65	Jim Ferris	1:48:14	40+	125	John Howard	2:01:20	M	186	Jack Boone	2:24:11	40+
66	John Rodolph	1:48:15		126	Thomas Burnett	2:01:35	40+	187	C.E. Jones	2:24:28.2	50+
67	Ken Mohica	1:48:35	40+	127	Dave Rarangol	2:01:47	50+	188	Pat Smith	2:24:28.7	M
68	Micheal Robinson	1:49:07	M	128	Susie Bartels	2:02:02	40+	189	Ralph Stevenson, Jr.	2:24:29	JHS
69	Corwin Bell	1:49:17	M	129	Howard Lee	2:02:18	J	190	Michael Atienza	2:24:39.1	JHS
70	Tom Jones	1:49:20	M	130	Lettina Heilbron	2:02:33	0	191	Gerald Bailey	2:24:39.6	0
71	Robert Sausser	1:49:21	M	131	Carl Kawabata	2:02:46	0	192	Cheryl Moore	2:25:21	M
72	Dick Sato	1:49:24	0	132	James Kraus	2:04:12	M	193	Brad Purdom	2:25:39	M
73	Dave Huntley	1:49:51	0	133	Mike Mulqueen	2:04:13	M	194	Sam Barth	2:26:00.3	50+
74	John Purnell	1:49:55	J	134	Pete Wargo	2:04:26	M	195	Dawn Ratermann	2:26:00.7	0
75	Frank Gerard	1:49:56	0	135	Robert Mumby	2:05:05	0	196	Betty Nakasone	2:26:14	
76	Bernard Jacang	1:50:48	40+	136	Alvin Kim	2:05:18	J	197	Lee Miller	2:26:20	M
77	George McLanahan	1:50:54	0	137	Dianne Bechtold	2:05:21	M	198	June Cunningham	2:31:07	E
78	Dennis Morisada	1:51:04	0	138	Morris Lai	2:05:24	J	199	Ed Casey	2:31:12	40+
79	Andy Gresham	1:51:07	HS	139	Karen Courter	2:05:40	E	200	Rosanne Cunningham	2:31:15	E
80	Louis Beasley	1:51:09	0	140	Nancy Courter	2:05:40	0	201	Dennis Takenouchi	2:32:04	0
81	Tim Roberts	1:51:11	J	141	Bill Duffey	2:06:08	50+	202	Gary Meyers	2:33:03	40+
82	Sarah Freeman	1:51:21	0	142	Milt Fryer	2:06:11	60+	203	Carolyn Pesenti	2:33:29.2	0
83	Chuck Strang	1:51:27	40+	143	Kent Kjelstrom	2:06:17	J	204	David Noakes	2:33:29.5	0
84	Unknown	1:51:46		144	Richard Gurrera	2:06:25	M	205	James Kahl	2:33:58	40+
85	Jay Clark	1:51:46	40+	145	Renee Yuen	2:06:30	0	206	Warren McCollum	2:34:29	J
86	Barry Odegaard	1:52:11	0	146	Anthony Caneda	2:06:31	J	207	Jim Harrison	2:34:33	50+
87	Noel Murchie	1:52:26	40+	147	Alex Matthews	2:06:45	0	208	Kay Henry	2:34:55	0
88	James Williamson	1:52:27	50+	148	George Murray	2:06:56	50+	209	Cappy Friedman	2:35:59	50+
89	Leland Bacon	1:52:30	M	149	Shirley Mori	2:07:02	0	210	Tom Tripodes	2:36:03	60+
90	Rodney Guba	1:52:38	0	150	Richard Shimizu	2:07:03	0	211	Bob Radcliffe	2:36:15	0
91	Kenneth Evers	1:52:55	M	151	John Cothan	2:07:14	J	212	Michael Harlow	2:37:16	M
92	Alan Picard	1:53:13	0	152	Jerry Richmond	2:08:50	40+	213	Vivian Klat	2:39:32.1	M
93	Patrick Valentin	1:53:50	J	153	Marilyn Reis	2:08:57	0	214	William Boswell	2:39:32.4	M
94	Paul McClish	1:54:04	M	154	Charles Meyer	2:09:07	M	215	Rimini Bartolini	2:40:23	0
95	James Hasselman	1:54:04	0	155	Sigfried Ramler	2:09:21	50+	216	Peter Wargo, Jr.	2:46:04	JHS
96	Ralph Stephensom	1:54:06	M	156	Clayton Tremaine	2:11:16	J	217	Earl Greason	2:47:11.8	M
97	David Broderick	1:54:37	M	157	Leonard Scott	2:11:37	M	218	Becky Chapa	2:47:12	0
98	George Ishiki	1:54:38	50+	158	Carol Kouchi	2:11:41	0	219	Kathy Higgins		0
99	Judy Kjelstrom	1:54:43	0	159	Greg Rhodes	2:12:13	J		Dorothy Harrison		50+
100	Reece Miller	1:55:02	M	160	Mollie Chang	2:12:40	40+				

Moanalua 10K Moore's Too Much!

Kenny Moore, writer for Sports Illustrated and a 1972 Olympic marathoner, won the November 11 first annual Moanalua-Tripler 10 kilometer (6.2 mile) race, leading 89 competitors in various divisions across the finish line. Moore and Greg Beal fought for the lead through the first four miles before Moore took the lead for good to finish in 31:34. Beal was 16 seconds back in 31:50. In third overall was Mike Blackburn, who recorded a 33:09.

Jim Gallup won the men's masters division and placed fourth overall with a 33:37.

The women's division was led by U.H. distance runner Cindy Haney's 38:45. She was followed by elementary school runner Karen Courter's 40:16 and Kim Downey, a high school runner, who recorded a 40:19.

Other division winners included: James Williamson (50-59), Andy Gresham (high school), Billy Cunningham (jr. high), Dan Barcia (elementary school), Ron Peroff (novice), Julie Barcia Sr. (40-49), Kathy Barcia (jr. high) and Diane Cohen (novice).

23	Sandy Parlier	39:26:1	0
24	Bob Clarke	40:03:4	0
25	Karen Courter	40:16:4	E
26	Kim Downey	40:19:4	HS
27	James Williamson	40:35:9	50+
28	Dennis Morisada	40:41:6	0
29	Dan Barcia	40:53:5	E
30	George Ishiki	41:15:0	50+
31	Kathy Barcia	41:20:4	JHS
32	Louis Beasley	41:26:1	0
33	Paul Davis	41:29:1	0
34	Bill Cunningham	41:37:2	40+
35	Alvin Kim	41:44:6	J
36	Kenneth Meade	41:56:6	J
37	Tom Burnett	42:44:4	40+



Karen Courter

1	Kenny Moore	31:34:0	0
2	Greg Beal	31:50:6	0
3	Michael Blackburn	33:09:0	0
4	Jim Gallup	33:37:5	40+
5	Kevin Harp	35:13:8	0
6	Dennis Engstrom	35:26:2	0
7	Les Saito	35:53:7	0
8	Scott Bulfinch	35:54:9	0
9	Ronald Peroff	36:14:9	J
10	Mark Perry	36:16:0	0
11	Steve Jones	37:00:6	
12	Thad Suter	37:14:3	0
13	Mick Flynn	37:16:9	40+
14	Andy Gresham	37:28:1	HS
15	Carlos Martinez	37:42:1	0
16	David Devenot	38:14:3	40+
17	Donald Leopoldo	38:27:0	40+
18	Richard Drozd	38:40:9	0
19	Cindy Haney	38:45:8	0
20	Hank Hatch	38:46:5	40+
21	Bryan Terauchi	38:47:7	0
22	Michael Robinson	39:00:2	0
38	George Murray	42:45:0	50+
39	Dave Rarangol	43:02:2	50+
40	John Barcia	43:12:2	HS
41	Joe Barcia	43:18:2	E
42	Harry Wargo	43:49:1	0
43	Connie Comiso	44:09:9	0
44	Larry Choquette	44:19:0	0
45	Phil Badua	44:43:0	0
46	Tom Ferguson	44:44:0	50+
47	Judy Kjelstrom	44:45:0	0
48	Steven Dixon	45:00:0	0
49	Robert Mumby	45:10:0	0
50	Pete Barcia	45:20:0	40+
51	Don Curtis	45:55:3	0
52	Daniel Vandergrift	46:01:7	HS
53	Thomas Mitchell	46:10:8	40+
54	Kevin Bohlen	46:18:8	J
55	Charlotte Seiji	46:20:4	HS
56	Carol Davis	46:25:9	0
57	Joe Mastrantonio	46:32:2	J
58	Jamie Downey	46:43:4	HS
59	Kelli Good	47:14:8	HS

60	George Moody	48:41:1	J
61	Les Bowker	48:43:3	0
62	John D. Manning	49:08:0	0
63	David Burrington	49:53:2	J
64	Sharon Colon	50:37:8	0
65	Beth Kalal	50:55:3	0
66	Bill Dewolf	50:58:3	J
67	Connie DuPuis	51:17:0	0
68	Peter Scheifelt	52:07:4	0
69	Amy Barcia	52:15:9	JHS
70	Steve Hesselink	52:17:0	J
71	Laura McMarlin	52:19:4	HS
72	George Manibusai	52:28:6	0
73	June Cunningham	53:20:1	E
74	Donald Legg	53:44:5	J
75	Rosanne Cunningham	55:17:1	E
76	Ella Schjang	56:08:7	JHS
77	Jenny Schjang	56:22:0	E
78	Cindy Borngraber	56:56:8	0
79	Stan Balbuena, Sr.	57:37:8	40+
80	May Schjang	58:03:9	JHS
81	Wayne Allison	58:06:1	J
82	Diane Cohen	58:29:1	J
83	Billy Cunningham	58:44:6	JHS
84	Julie Barcia, Sr.	1:00:26:8	40+
85	Ben Prohm	1:05:09:1	E
86	Vincent Schjang	1:06:12:1	JHS
87	Julie Barcia	1:16:05	E
88	Hans Schjang, Jr.	1:24	E
89	Eunja Schjang	1:24	0

Circle These Dates

Jan 6 (Sun)	Bossetti's Badlands 10 Km MPRRC 8AM
Jan 12 (Sat)	Ironman Triathlon Nautilus Fitness Center
Jan 20 (Sun)	Kilauea Hill 8M MPRRC 8AM
Jan 29 (Tues)	MPRRC 1st Qtr. Meeting, Waikiki- Kapahulu Library 7:30 PM
Feb 3 (Sun)	Kailua Loop (new course) MPRRC 8AM, 5.5M
Feb 10 (Sun)	3rd Annual Hawaii Women's Run 10 Km
Feb 16-17	Oahu Perimeter Relay (7 person team) 134 M

10M

Tantalus Yields To Beal

Greg Beal ran away from 57 other competitors in winning the September 30 E. Fullard-Leo Memorial Tantalus race in 56:22.7. In second and third respectively, over the 10 mile loop, were Allan Hudson, 59:41.7 and Bill Astman, 60:24.

Women were led by Shirley Mori in 74:38. Judy Brown came in second overall with a time of 75:17 and was followed by Susie Bartels, 77:41, who also placed first in the masters division.

Also taking age group division honors were Mike LaPierre (40-49), Gilbert Lum (50-59), Jim Bennett (60+), Dan Gudeman (Novice), Dan Barcia (elem.), John Barcia (high school), Kathy Barcia (jr. high) and Laura McMarlin (high school).

1	Greg Beal	56:22:7	0	G. Murray	1:17:37	50+
2	Allan Hudson	59:41:7	0	31 Susie Bartels	1:17:41	40+
3	Bill Astman	1:00:24	0	32 Dan Barcia	1:17:50	E
4	Rick Jones	1:01:29	0	33 Bobby A. Smith	1:18:20	0
5	John Bourbeau	1:02:53	0	34 Robert Mumby	1:18:46	J
6	Spence Chapman	1:04:05	0	35 Tom Bennett	1:20:02	40+
7	Mike LaPierre	1:04:38	40+	36 Kathy Barcia	1:21:19	JHS
8	Dick Asato	1:06:31	0	37 David Arakaki	1:21:27	40+
9	Bob Gardner	1:08:01	0	38 Ed McKnight	1:21:57	0
10	Packy Ryan	1:08:16	0	39 Joe Barcia	1:21:58	E
11	Robert George	1:08:57	0	40 Henry Kariel	1:24:04	50+
12	Noble Beck	1:09:00	0	41 Pete Barcia	1:24:32	40+
13	Richard Shimizu	1:09:12	0	42 Tom Ferguson	1:26:06	50+
14	John Barcia	1:09:47	HS	43 Mollie Chang	1:26:55	40+
15	Dennis Morisada	1:10:21	0	44 Bob Bonar	1:28:24	J
16	Gilbert Lum	1:11:04	50+	45 Steve Coffee	1:28:31	J
17	G.M. Maulmans	1:11:19	0	46 Jerry Coffee	1:28:32	40+
18	George Ishiki	1:11:25	50+	47 Sharon Colon	1:28:53	0
19	Carlos Martinez	1:11:49	0	48 James Bennett	1:29:36	60+
20	Ed Romary	1:12:42	40+	49 Laura McMarlin	1:33:55	HS
21	Willy Williamson	1:12:54	50+	50 Deb Berthiaume	1:33:56	0
22	Dennis Mahoe	1:13:25	0	51 Michael Toyofuku	1:34:52	J
23	Barry Odegard	1:13:26	0	52 Beth Kalal	1:35:14	0
24	Edward Inouye	1:14:10	40+	53 May Schjang	1:52:29	HS
25	Shirley Mori	1:14:38	0	54 Ella Schjang	2:16	JHS
26	Jim Branchaud	1:14:39	0	55 Jenny Schjang	2:16	
27	Judy Brown	1:15:17	0	56 Vincent Schjang	2:16	
28	J. Brandon	1:16:56	50+	57 Diane Ebens	2:17	J
29	Dan Gudeman	1:17:28	J			

How Should MPRRC Handle Commercial Events?

The last issue of Hang Tuff (October '79) contained an editorial urging MPRRC to re-examine its policy on sponsored races. Briefly, the editorial observed running has become something more than a sport: on occasion it's a business and if money is to be made from races, MPRRC is in the best position to ensure runners' get their money's worth and the money earned is used to further the sport. Send your opinion to: Don Mueller, 1170 Waimanu St., Honolulu, Hawaii 96814.

1) Do you think Mid-Pac should sell its services to interested race sponsors? Yes ____ No ____

Comments:

2) Should there be any restrictions on the types of commercial sponsors the club would work with?

3) If the club raised money this way, how would you like to see it spent?

4) Other thoughts:

Swamp: Fox Wins

Alan Fox, secretary/treasurer of the Mid-Pacific Road Runners Club, won the October 14, 6.9 mile Kawainui Swamp Race in 38:35. He led the pack of 37 runners from the starting gun in finishing ahead of Chuck King, 40:13, and Ralph Duckett, 41:20.

Women were led by Laura McMarlin, 58:53, who was followed by elementary school student June Cunningham who's 59:22 set a new age group record. In third was Sharon Colon, 60:07, who also took the women's open division. Another women's record was set in the junior high school division by Amy Barcia who was timed in 61:57.

Other division winners include Milan Marich (40-49), George Ishiki (50-59), Dan Barcia (elem.) and novice runners Basil Fossum and Sue Bulfinch.

1	Alan Fox	38:35	0
2	Chuck King	40:13	0
3	Ralph Duckett	41:20	0
4	Dick Hoyer	41:53	0
5	Mark Perry	42:05	0
6	Basil Fossum	45:13	J
7	Dave Huntley	45:42	0
8	Milan Marich	45:47	40+
9	Bob Gardner	46:36	0
10	Tim Merrick	47:02	J
11	George Ishiki	47:11	50+
12	John Adams	48:19	40+

13	Fred McNeil	49:39	0
14	Bill Cunningham	50:45	40+
15	Jack Hekekia	50:51	40+
16	Ed Casey	51:28	40+
17	Dave Rarangol	51:30	50+
18	Dan Barcia	51:32	E
19	Alvin Kim	51:43	J
20	Joe Barcia	52:05	E
21	Ed Duel	52:15	0
22	Peter Barcia	54:05	40+
23	Steve Dixon	54:52	0
24	Joe Mastrantonio	57:48	J
25	John Stobinski	58:53	J
26	Laura McMarlin	58:53	HS
27	June Cunningham	59:22	E
28	Sharon Colon	60:07	0
29	Frank Roddin	61:50	50+
30	Julie Morosic	61:56	HS
31	Amy Barcia	61:57	JHS
32	Burl Pepper	64:41	40+
33	Ray DeHay	66:54	60+
34	Alan Bath	73:11:7	50+
35	Julie Barcia, Jr.	74:56	E
36	Sue Bulfinch	75:01	J
37	Scott Bulfinch	75:02	0



Dear Editor:

Your editorial in Hang Tuff, October 1979, was well thought out, pertinent and to the point. Running is going to continue to escalate, volunteers are not going to be able to put on all the large races that are occurring. There needs to be a liaison between commercial and volunteer interests in order to make sure that running continues in the proper direction, that is, the greatest good for the greatest number of runners at a fair and equitable price. Mid-Pac does need to re-examine the club's position on sponsored races and its degree of involvement in putting on sponsored races.

As Pogo said, "We have met the enemy and he is us".

Commerce and charities can be beneficial when properly directed but if not directed, they are definitely not going to go away and will put on races as best they can to meet their own needs. It is up to us to make sure that this happens. I hope that Mid-Pac agrees or else there is going to be an awful lot of unhappy runners in the future. Keep up the good work.

Jack H. Scaff, Jr., M.D.
President
Honolulu Marathon Association

Mid-Pacific Road Runners Club
1170 Waimanu St.
Honolulu, Hawaii 96814

Non-Profit
Organization
U.S. Postage
PAID
Permit No. 367
Honolulu, Hawaii

S. Harp
933 Moreell Dr.
Honolulu, HI 96818