

August 1980



runner's log



August

31 (Sun) Honsport 30M Relay
30K Championships Run

September

14 (Sun) Pearl Harbor Bikepath
10 K Run
20 (Sat) Hana Relays 52Miles
Garden Isle Road Runners
28 (Sun) Mt. Tantalus 10 Mile
Run : counter-clockwise

CARLOS MARTINEZ
HANG TUFF EDITOR



MPRRC President Don Mueller, accepts an award from Honolulu Mayor Frank F. Fasi, for all the help MPRRC has given to the Mayor and the City and County of Honolulu, looking on is Tommy Kono. The fun run winner was Morgan Edwards. Many runners came out to support Mr. Fasi. photo kevin harp.

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The Brian Clarke School of Running is dedicated to the proposition that progressive training will result in improved race performance. In my first article, I mentioned that the basic problem in 'training up' to a new performance level is to create a steadily rising wave of resistance to the stress of running. This article will deal with the first step in this process--establishing a commitment to constancy.

At the start, we should be clear that the training process to be described involves large expenditures of effort over a period of many months. Since it takes less effort to maintain a performance level than to train up to a new level, having arrived, the runner can, for a time, make use of 'left over' energy in order to race and train at the same time. However, for reasons which will become more apparent later, racing efforts should be a minute part of total training effort during the ascent to a new performance level.

In beginning an ascent, the runner must first think in terms of a commitment to constancy. Without faithfulness to a training regimen, the adult runner cannot hope to improve. Most of us recognise that initial gains in performance can be quite impressive.. Thereafter, the rate of ascent is much less dramatic. The runner must be content with minor, but significant, weekly gains, knowing that any layoff of several weeks or more will result in rapid deterioration of acquired resistance.

Having decided to train constantly, lets say for a race some five months away, the runner must begin structuring his/her commitment. Our system requires that he/she first make room in a weekly schedule for 'windows' of training time.

These windows or time frames can be understood in two dementions: frequency and duration. Frequency involves establishing a certain number of training periods each week, and duration refers to the total number of hours to be spent in training.

A number of years ago, at the University of Oregon, a member of the track team experimented successfully with running twenty one times per week. His name was Bruse Mortenson, and he was first in the 1965 NCAA Steeplechase. Twice a day he would jog for 30 minutes in the hills near the school. His other runs were combinations of LSD and track work.

In our culture, Bruse would be considered an omaly.. After all, how many of us train three times a day? On the other hand, in terms of evolutionary history, Bruse was probably approaching the frequency ideal.. Think of our distant ancestors. Their bodies had been evolved for hunting and gathering. In an evolutionary sense, we in this sedentary, industrial society are still hunters and gatherers. Although society provides us with food which requires little physical effort in return, still, we have inherited a yearning for that sense of intermittent running and exercise which was common to primitive man.

Frequency, the number of times a week the body must 'gear up' to run, is a powerful factor in conditioning. In trying to get this idea across to people, I am often asked whether that one 60 minute jog, trying to compare the two is a little like adding apples and oranges.. While it may be true that some workouts do little more than add to the number of times we run, they nevertheless add significantly to our resistance to running by virtue of their frequency alone. The reason for this is that having once adapted to an effort, subsequent efforts are thereby facilitated.

The rise in resistance during a 30 minute jog may not be as high as a 60 minute jog; but then, the subsequent drop is not as low.

In structuring our training schedules, we first set up three long duration time frames. These will coincide with hard-effort workouts.. Since these efforts provide the major impetus for improved conditioning, there should be little or no conflict between the training demands of these periods and other responsibilities in the runner's life. Family and fellow workers must be willing to allow the runner his 'hunting and gathering' time. Even injuries and colds are not allowed to disrupt the rhythm of effort and recovery.

Next, we commit ourselves to a number of short duration time frames per week. These become our easy effort workouts. Flexibility in missing a few of these will not have as stong an effect as missing a hard workout, but the potential for disrupting the rythm of a week of training makes this commitment almost as important as the long duration commitment.

For someone to whom a new weekly schedule represents a significant increase in frequency or duration, the first objective is survival. In this regard, it is helpful to be extremely sensitive to ones body. The runner's body carries on a conversation with the mind by means of feelings and sensations rather than words. Unless we are adept at listening, and willing to respond compassionately where appropriate, our vow of constancy may be broken. As important as that race may be, the body and not our thinking must be the final arbiter in training. This is a major reason for dealing with time frames rather than miles as the fundamental units of training. With milage as the goal, the mind trys to get the body to 'cover the distance'.

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AAU ONE-HOUR RUN CHAMPIONSHIPS UH MANOA 7-19-80

Quite often, the pressure is to 'get it over with quickly' --- sometimes too quickly for the tired body. On the other hand running fast will not make 30 minutes pass quickly.

Our system never asks of the runner how many miles were covered during the past week. Instead, it asks whether time frames were constantly filled with relaxed and joyfull running. Enjoyment is the best way to make time fly.

We train together at the Diamond Head end of Kapiolani Park from 4:30 to 7pm on Teusdays and Thursdays. Come join us or call Brian Clarke at 737-4340 for more information.

On behalf of the Hawaii Association for Retarded Citizens, I would like to invite the members of the Mid-Pac Road Runners and all the windward side runners to participate in a "Special Run" on November 1, 1980. This benifit for HARC will be at Kapiolani Park, Honolulu and will feature two events. There will be a "Special Run" of 6.2 miles around Kahala and Diamond Head starting at 7:15 a.m. For the handicapped there will be a "Special Walk" of 1.8 miles around Kapiolani Park starting at 8:00 a.m. The entry fee is 6.00 dollars which will be tax deductible, as all proceeds will go to HARC. Registration forms will be available at the Runners Windward, 22 Oneawa Street, Kailua, Hi., 96734. Pre-registration will be open from October 20, 1980 through October 31 1980, at the HARC office at 245 North Kukui Street, Honolulu from 10:00 a.m. to 4:00 p.m. Mr. Frank Opperman and Mr. Larry Price are co-chairmen of this function. Entertainment and awards to follow running and walking events. For further information please call 536-2274

Mahalo and aloha
Hazel Milnor
Special Run-Special Walk
Committee



Early leaders, from left: Nancy Courter, Mike Tymn, Dick Hoyer, Micheal Murphy, Greg Shepherd and Paul Ryan. photo kevin harp

Place	Name	Division	Miles	Yards
1	GREG SHEPHERD	O	10	1722
2	MIKE TYMN	M	10	1711
3	JAMES GALLUP	M	10	860
4	CHARLES WOODS	O	10	402
5	HENRY RICHMOND	M	10	147
6	CHUCK KING	O	10	147
7	SCOTT BULFINCH	O	10	67
8	ALAN FOX	O	9	1454
9	DENIS CURTIN	O	9	1396
10	PAUL RYAN	O	9	867
11	DICK HOYER	O	9	640
12	JEFF ROWLEY	O	9	640
13	RICHARD SHIMIZU	O	8	1669
14	MICHEAL MURPHY	O	8	1659
15	PAUL T. DAVIS	O	8	1583
16	DAVID HUNTLEY	O	8	1534
17	ROBERT T. GRAY	O	8	987
18	NOEL MURCHIE	WO	8	953
19	RIP COURTER	O	8	875
20	CONNIE COMISO	WO	8	672
21	BARRY ONETO	M40-49	8	587
22	ALEX ROTH	M60+	8	321
23	KAREN COURTER	WJHS	7	1552
24	RON ARBUCKLE	M	7	1415
25	NANCY COURTER	W40-45	7	1413
26	CAROL DAVIS	WO	7	1291
27	JAN NEWHART	W50-55	7	678
28	RAY deHAY	M55-59	7	288
29	IRENE GRAY	W30-35	7	71
30	RON MARKARIAN	M45-49	7	66
31	DIANE STOWELL	W40-45	7	13
32	EDITH LEIBY	W55-59	6	1019
33	CAROLYN ARBICKLE	W55-59	4	666

AAU-- KANEONE 10K RUN

Johnson, Weise Win

1	John Johnson	O	33:50	66 Susie Bartels	W40-45	42:31
2	Morgan Edwards	O	34:09	67 Barry Oneto	40-45	42:42
3	Rafael Luna	O	34:14	68 Richard Kahle	40-45	43:06
4	Brian Chong	HS	35:26	69 Gary Moeller	N	43:23
5	John Alexander	O	35:35	70 Bob Mumby	O	43:28
6	Ron Welsh	O	35:39	71 Clinton Chung	N	43:28
7	Glenn Mason	O	35:49	72 Thomas Bishop	40-45	43:36
8	Dan Keyes	O	36:09	73 Bill Cunningham	45-49	43:36
9	Mike LaPierre	40-45	36:11	74 Ralph Stephenson	HS	43:38
10	Steve Coffman	O	36:12	75 no name	-----	00:00
11	Mark Nozares	O	36:27	76 Dan Barcia	JHS	43:45
12	Mark Perry	O	36:43	77 Kieth Allen	O	43:51
13	James Ennis	O	36:50	78 Alan Picard	O	43:53
14	Henry Richman	40-45	36:55	79 David Rarangol	55-59	43:55
15	Mike Meulemans	O	36:58	80 Kathy Barcia	WJHS	43:55
16	Ron Barozzi	O	37:07	81 Walter Schratz	O	43:59
17	Larry Axmaker	40-45	37:09	82 Jim Fanning	O	44:10
18	Bruce Elwell	O	37:24	83 James Tyson	O (whch)	44:22
19	Tom Smythe	40-45	37:32	84 H.P. Baer	40-45	44:23
20	Donald Leopoldo	40-45	37:34	85 no name	-----	00:00
21	Wayne Ries	O	37:35	86 Karen Courter	WJHS	44:24
22	Larry Williams	O	37:48	87 John Randolph	HS (whch)	44:43
23	Charlie Cordova	N	37:50	88 George Murray	55-59	45:09
24	Brian Higgins	JHS	37:56	89 Joe Barcia	E	45:18
25	James Bishop	O	38:03	90 Lionel Low	O	45:32
26	John O'brien	O	38:19	91 Bob Matson	O	45:48
27	Alvin Kim	O	38:20	92 Diane Stowell	W40-45	45:54
28	Chris Courter	JHS	38:20	93 Pete Barcia	40-45	46:13
29	Steven Dixon	O	38:35	94 Lloyd Souza	N	46:14
30	Robie Robinson	O	38:35	95 Bryant Anderson	JHS	47:38
31	Casey Ibaraki	O	38:47	96 Carol D'Angelo	WO	48:38
32	Dave Davenot	40-45	38:55	97 Jose Kilgore	N	48:38
33	David White	N	39:10	98 Lester Steinke	O	49:24
34	Jiro Saegusa	O	39:12	99 June Cunningham	WE	49:29
35	Richard Shimizu	O	39:20	100 David Hastings	E	50:26
36	Ron Paik	O	39:41	101 Kay Tompkins	55-59	50:26
37	John Kreag	O	39:50	102 Ricard Allen	55-59	50:29
38	Ken Mohika	40-45	39:52	103 Emdry Hagan	O	50:54
39	Jim Moberley	40-45	39:57	104 Floyd Buffington	40-45	50:54
40	no name	-----	40:07	105 Kelli Good	WHS	50:54
41	Gordan Dugan	45-49	40:08	106 Roseann Cunningham	WE	51:46
42	Mike keegan	O	40:09	107 Stan Karansky	60-65	52:04
43	Thomas Roberts	O	40:17	108 Sam Cucinell	?	52:32
44	David Stoots	O	40:27	109 Judy McIntosh	WN	52:48
45	David Matsumoto	N	40:28	110 Tom Knoll	40-45	53:13
46	Ken Kramer	45-49	40:29	111 Cynthia Tuttle	WO	53:16
47	Bernard Jacang	40-45	40:35	112 RaDeyHay	55-59	53:25
48	Edwin Hoag	O	40:35	113 Diane Cohen	W40-45	53:32
49	Tom Smith	HS	40:49	114 Sharon Colon	WO	53:43
50	Rob Flick	HS	40:50	115 Llyod Wentworth	40-45	53:54
51	Chuck Prentiss	O	40:51	116 Tom Mukai	O	54:14
52	Candy Wiese	WO	40:52	117 Catherine Murray	WO	54:15
53	Bryan Miller	O	40:53	118 Melinda Stoddard	WN	54:37
54	Doug Schramel	40-45	40:54	119 Marcia Benoit	WN	55:14
55	Connie Del Rosario	WO	41:02	120 Steve Little	O	56:47
56	Tina Heilbron	WO	41:08	121 Julie Barcia	W40-45	56:57
57	Michael Murphy	O	41:29	122 Shauna Burke	WO	57:48
58	no name	-----	41:38	123 Laura Memarlin	WHS	59:53
59	Peter Cucinell	JHS	41:39	124 Amy Barcia	WHS	60:03
60	Damien Cucinell	E	41:55	125 Elly Cucinell	W40-45	60:05
61	Carl Kawachi	O	41:57	126 Carol O'Brien	WN	60:29
62	Judy Kelstrom	WO	41:57	127 Sarah Kridle	WO	63:07
63	Rob Kenyon	O	42:26	128 Jurgen VonBredow	O	63:08
64	Chuck Wall	40-45	42:27	129 Sam Cucinell	45-49	63:59
65	John Barcia	HS	42:30	130 Anthony Wozaniak	45-49	71:38

HANG TUFF COLUMN

HINGSON CHUN won the RHODES (the Award, not the Scholarship), one of eight at University of Hawaii to do so for 1980. In memory of Leon J. Rhodes, the unique award honors sophomores who are both University leaders and scholars (for Hingson, biology and political science). DON ALMY, self-styled senior citizen at 68, has been photographed with leis on the steps of the national capitol after running 3,100 miles across the nation in 13 months (comes to about 9 miles a day). He has taken "See America First" advertising seriously. LOU DiSANTO appears in a Sunset Magazine ad on page 19, hugging a pretty girl in a Hertz car ad (the car is hardly visible, but Diamond Head is). The Hickam AAU 15K had an economical use of water station volunteers, at The Water Tower, natch, catching them going and coming, whether 1st or 2nd lap. If you thought MID-PAC Institute XC course was complicated, DIET PEPSI at Mililani New Town takes the prize, but well monitored so no one gets lost. All that goes up must come down, but not necessarily within a race course. Maybe some day there will be shade trees, but it's a new town, remember?

No Bones about it, the "Skull" running shirt on RALPH has been missing from recent races because he's been doing Navy Reserve duty at sea with the BRYCE CANYON, soon to be decommissioned as a ship, and rehabilitating his sailboat "ADAM'S RIB" named for his son, Adam Dykes. CHRISTA OBARA was bitten by a dog, requiring medical treatment, on Pacific Heights, while pedalling a bicycle. SCOTT BULFINCH will be on "hardship duty" with his Navy Lt. wife, Sue, on the Mainland until October for special training. Usually the HUNKY BUNCH cup runneth over, to borrow the Biblical

expression, but the other night the MANGO BREAD boileth over. BILL BLUMER does his best training during one-hour in the noon-day sun, even in the summer. With Club President DON MUELLER winning the AAU 15Km at Hickam in what appear to be German Flag we can easily tell who "the bad guy" is because he dressed in black and finished 15 seconds behind--JIM PRESS. Try white, for sunshine days!

GORDON DUGAN finished seventh out of 250 runners at the Western States 100 Mile Cross-Country race across Old Emigrant Trail in the Sierra Nevada Mountains, bettering his time by 2 hours, possibly as a result of training on Mount Tantalus and Mariner's Ridge in Hawaii-Kai. Last year he was just under 24 hours, and this time 21:16:23 to win the Over-40 Division. The Honolulu Advertiser carried erroneous times from the wire circuit. Although the Diet Pepsi is not a MPRRC race, Club members were winning as well as computing. At the management end there was TOM SMYTH, DICK HOYER, DAN TOMPKINS, GLENN MASON, BARBARA DUGAN, TOM and DORIS FERGUSON, and CONNIE CHUN, who backed loaves of mango bread for the top finishers. DORIS says some of the plastic tag containers included tickets, business cards, but no money. According to four men's and four women's age divisions, men: MARK MAYHEW, TOM WYSOCKI, JIM GALLUP, and SCOTT HAMILTON, and the women: TAMMY CARTWRIGHT, CANDY WIESE, NOEL MURCHIE, and CLAUDETTE CARRANT. DON MUELLER gets the San Diego trip instead of Wysocki, not a Hawaii resident, as a result of his photo-finish with GREG SHEPHERD. The light rain helped over 4,000 runners. Remember HENRY MARSH? He set an American Record in winning the 3,000 meter steeplechase at the

U.S. Olympic Trials. You can ask JIM MOBERLY, who attended the Trials in Eugene.

Once again, GREG SHEPHERD was TANTALIZED at the finish line, with GLENN MASON sprinting from behind in the HILO MARATHON to win by 5 seconds, replacing JIM PRESS as defending champion. Mason did 2:34:53.2, while Shepherd 2:34 and 58 seconds.

Bob Noble in third in 2:35:01.5 PRESS was fifth in 2:36:42.9, winning the 30-39 division ahead of RUEBEN DIAS in 2:39:06.3. JOHNNY FAERBER 2:39:17.9, won 40-49 over BILL BULMER with 2:40:57.6. Front runner among the women was NOEL MURCHIE in 3:12:4, a minute and 15 seconds ahead of BEV HAUGH. There's no coasting at the finish line at Hilo, they'll all agree after July 6, 1980! Did you see DAN TOMPKINS had an article on the running camp in RRCA FOOTNOTES Summer Issue? Scott Hamilton will be competing in England in Manchester (SALE15) and London (SHAFTSBURY 10), training in advance on his old cross-country courses through the Oxford University meadows and farmlands, hoping to avoid the bulls.

If you have seen "Smokey and the Bandit" with Burt Reynolds, you can appreciate the claim by SCOTT BULFINCH that he can drive his Porsche from the WAIKIKI-KAPAHULU Library and catch the Ford Island Ferry in fifteen minutes. He also sports a T-Shirt that says, "Ford Island-Love it or leave it". The peace and calm that pervaded the July 8 Quarterly Meeting may have been because the new President was brandishing "Roberts' Rules of Order" and threateend to use it, or because there was no business to speak of. Locked out of the Library, it appeared the Club would convene in the parking until an enterprising member found a door was not completely shut. Guess who she was?

con't

kailua beach run

July 13 80 —

No.	Time	Name	Div.	No.	Time	Name	Div.
1	24:33	Scott Whitney	0	34	32:06	David Rarangol	50+
2	24:55	Morgan Edwards	0	35	32:11	Ralph Mason	0
3	25:07	Don Mueller	0	36	32:21	Greg Gaydos	0
4	25:17	Alan Fox	0	37	32:36	Barry Oneto	40+
5	25:47	Mike Boyd	0	38	32:44	Charles Hotchkiss	N
6	25:58	Giovanni Bartolini	0	39	32:58	Robert Sands	N
7	26:14	Charles Woods	0	40	33:20	Kathy Barcia	JHS
3	26:29	David Matsumoto	0	41	33:21	Pete Barcia	40+
9	26:35	Ralph Duckett	0	42	34:32	Jamie Downey	HS
10	26:46	Eric Arndt	HS	43	34:39	Debbie Berthiaume	0
11	26:55	Scott Bulfinch	0	44	34:41	Robert Flick	HS
12	27:32	Rafael Luna	0	45	36:11	Brynt Anderson (Unoff)	JHS
13	28:12	Jim Keef	0	46	36:49	Gale Beardsley	0
14	28:16	Milan Marich	0	47	36:56	Ron Markarian	40+
15	28:25	Roy Mollier	0	48	36:57	Kathy Luebbe	HS
16	28:28	John Barcia	HS	49	36:57	Mike Horwoth	E
17	28:32	Dave Huntley	0	50	37:03	Gary Murfin	0
18	28:35	Don Olson	0	51	37:20	Ronnie Markarian	E
19	28:45	Dick Hoyer	0	52	37:23	Kay Tompkins	40+
20	28:46	Jim Fallon	0	53	37:55	Unofficial Runner	---
21	28:54	Dan Barcia	JHS	54	41:25	Rhonda Horwoth	JHS
22	28:58	Craig Bartlett	0	55	41:46	Julie Barcia	40+
23	29:04	Pat Kenworthy	0	56	42:17	Edward Letarte	HS
24	29:07	Steve Dixon	0	57	42:30	Bob Dame	50+
25	30:08	Tom Vanderhoot	0	58	45:46	Ed Blight	N
26	30:13	Dave White	0	59	46:01	Jenny Schjang	E
27	30:40	George Ishiki	50+	60	46:03	Ella Schjang	JHS
28	30:40	Joe Barcia	E	61	48:01	Werner Rolz	N
29	31:21	Paul Moore	40+	62	49:16	May Schjang	HS
30	31:24	John Berthiaume	0	63	49:36	Vincent Schjang	E
31	31:31	George Murray	50+	64	49:43	Hans Schjang, Jr.	E
32	31:47	Ross Hamamura	0	65	50:39	Theresa Toney	0
33	32:05	Ed McKnight	0	66	53:18	Emiko Soto	40+

Hang Tuff con't

BILL BULMER said many in the Hilo Marathon were disappointed in their times, but he had a P.R. MIKE TYMN won the Masters Division in the Cascade Run-Off in Portland Oregon (June 29, same day as Diet Pepsi in Honolulu), in a field of 5,000. His official 15km time was 49:35, and RAY HUTTON was second in 50:10. Mike says his real battle was with PATTI LYONS, who broke the American Record by 2 minutes in the women's division. NIKE invited MIKE among a group of masters runners se-

lected to compete. He reports that GORDON HALLER did 51:08, and was departing to train in orienteering in Texas. Let us hope he survived the parched earth of the heat wave that hit the next week. JOHN the Army Photo-Journalist, won the Sorts Week 80' Invitational 4-mile run, and works after hours as a security guard for model homes, with a spiffy uniform. DAN MCCAFFERTY, who did not win the 4 mile run, is vacationing these weeks in the islands with wife, nee Jill Anderson, who confesses Philadelphia is

different. SCOTT WHITNEY, who was not invited to enter the 4-mile run, ran away with the 4-mile Fun-Run by such a whopping lead all by his lonesome, though 1 minute shy of winning time in the invitational race.

MUELLER ran well in the Hilo Marathon until coming down with a malady called "Lock-Hip" with a few miles to go. "Lock-Jaw is prevented with a tetanus shot in the Hip, but how is "Lock-Hip" treated and where? Sounds like tetanus in the jaw to treat the hip.

Scott Hamilton