

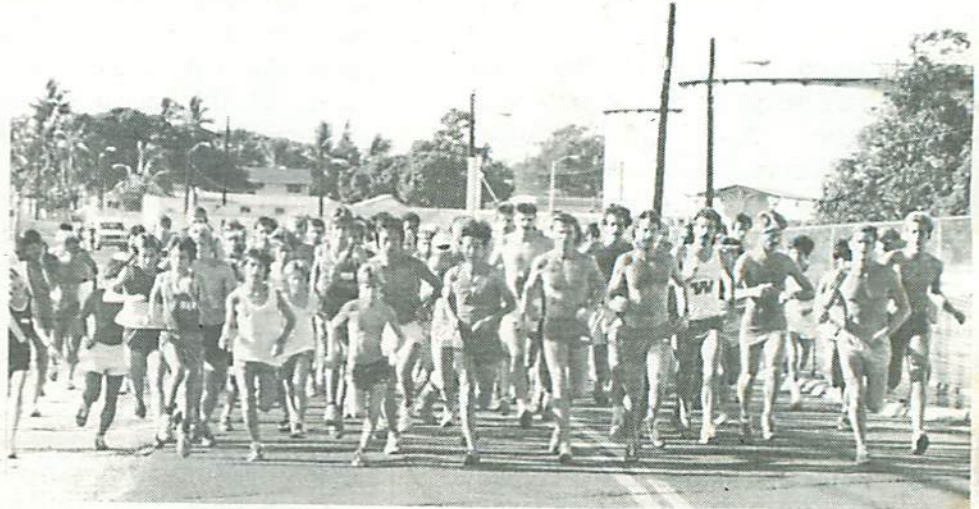


runners log



- October 5 (Sun) Garden Isle Marathon
12 (Sun) Kawainui Swamp 6.9
Mile Run MPRRC
26 (Sun) Schofield 25K AAU
Championships Run
- November
9 (Sun) Moanalua-Tripler 10K
Run MPRRC
23 (Sun) Magic-Island 5K AAU
Championships Run
MPRRC
- December
7 (Sun) Honolulu Marathon
28 (Sun) Diamond Head 5
Mile Run Counter-
Clockwise MPRRC

CARLOS MARTINEZ
HANG TUFF EDITOR



AND THERE OFF: One hundred and fifteen runners participated in the Pearl Harbor 10 K, held on the Pearl Harbor bikepath. Mike Tymn was the overall winner. Results on back page. Tina Heilbron was the winner in the women. photo Kevin Harp.....

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Honolulu, Hawaii 96814

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Coach's Corner by Brian Clarke...

The second article in this series dealt with the problem of establishing a training regimen. It suggested that the first step in this process should be a commitment to constancy. The essence of this commitment is to faithfully fill a certain number of time periods per week with training. From another point of view, the promise is to refrain from subjecting the body to violent increases in the frequency or duration of weekly training. In this way, over a period of months, the body may adapt at its own rate to a basic load of training. Of course, becoming a better runner is not quite as simple as faithfully filling time with training. Herein lies the enormous attraction of our sport. For the athlete soon learns to view the body as a black box the internal workings of which are incredibly complex and not well understood. So training becomes a process of jiggling and manipulating the box to learn how it operates. Hypotheses are formed and tested. Results are measured, and the process takes on the aspect of an intriguing, and often bequiling, quest. For this reason, the running literature abounds with ideas put forward to guide errant runners on their way. This column is no different in its intended purpose. It is written to share ideas about running. These ideas flow from the writer's experience as a runner and a coach. They are generated in a spirit of tentativeness as they are subject to change with new knowledge gained from thinking and experience. In this sense, we runners are all equal in our status as scientists--testing ideas, experimenting with our subject of one. It is critical, therefore, to focus ones

attention on the body and what it might be communicating as it responds to our efforts to manipulate its internal behavior. It is not enough to follow a schedule or a log a quota of miles as a basis, say, for marathoning. The schedule merely sets the temporal bounds within which training will occur. It indicates how long workouts will last and how much recovery time is allowed between workouts. But the schedule says little about how training periods will be filled. What mix of activities will be most appropriate for the specific requirements of the racing distance? How much fartlek? How many intervals? How often hills? A plethora of possibilities--especially if one is committed to training ten or more times a week.

The Brian Clarke School of Running attempts to simplify this problem. During the base building phase of training, each person learns and integrates a mix of only four workouts: the long, steady paced run, the fartlek/discovery run, the interval run, and the recovery run. Learning how to do them is not difficult. The patterns can be easily conveyed through conversation or from a careful reading of the running literature. Much more difficult to understand is the idea of effort and the optimum level of effort which should be applied to each kind of workout.

The question of effort is usually couched in terms of pace. "How hard should I run?" becomes, "How fast should I run?" But for reasons which will become more apparent later, the idea of pace is inadequate for describing effort. In going beyond the particulars of pace to a consideration of effort, it may be helpful to realize that every person has the potential for

applying a range of effort to his/her workouts. Within each person's effort-range are a number of identifiable levels. Our school teaches a 6-level scale the headings of which are as follows:

all out plus exhaustion

all out

very hard

hard

easy

very easy

Once this scheme is understood, the runner can begin to recognize when a particular workout has been relatively hard or easy. In this way, one can use the scheme as a yardstick for measuring the effort of a workout. At the start of a training regimen, our main concern is with adaptation. We are not concerned with questions of performance, e.g., how fast the runner is able to run a particular workout. Instead, we follow the tenet that the minimum effort necessary to produce a scheduled workout is sufficient for adaptation. We acknowledge the fact that the runner could go faster by running harder, but speed is not the object. Speed is the last thing to be developed. In the beginning, constancy, comfort, and a quick recovery are the main objectives of individual workouts.

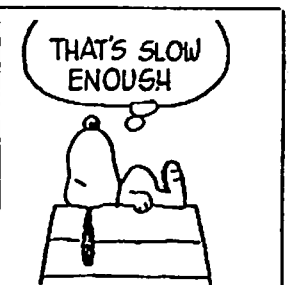
We believe that progress does not result from increasing effort. If the runner is adapting, then workouts will become faster without an apparent increase in effort. While the "actual effort" needed to run a faster workout increases, the runner's perception of effort expended can stay the same. This is one of the most important ideas in progressive training. Once this is understood, the runner can derive a sense of interest from personal gains over a number of weeks rather than competitive gains vis a vis other runners. As a

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result, each individual learns to develop a set of personal performance standards for each of the workouts on the schedule. These standards may be couched in terms of ease of effort, time to full recovery,, lack of stress symptoms, or actual performance during the workout.

Learning to recognize the manifestations of this facet of training will be the subject of the next article. For a booklet which details some of the ideas in this article, Call Brian Clarke at 737-4340, or write to 4133 Sierra Dr. Honolulu 96816.-

PEANUTS By CHARLES SCHULZ



HANG TUFF

September 6th saw DON MUELLER, JOHNNY FAERBER, CANDY WISE, and NOEL MURCHIE, Hawaii's Diet Pepsi winners, in San Diego for the Regional 10KM Run. At the last minute JOHNNY FAERBER replaced injured JIM GALLUP for the trip. It was a stellar field:ask them about it. Succeeding RON MARKARIAN as Hawaii Long Distance Running Chairman within the new Athletic Congress is Scott Bulfinch, with KARL KAWAUCHI continuing to handle registrations. Johnny Faerber doubles as both women's and Masters LDRC Chair. GORDAN DUGAN signed up for 1981 at the Western States 100 Awards Banquet for a third try next year; good thing, because after the PEOPLE magazine publicity, there is now a waiting list. DICK HOYER knew the 30-30 volunteers were coming, and so he baked a cake of appreciation for the September 7th Hoopla at the Camelot Condo. The 30-30 oil paintings awards guarantee that the artist's work will be hung. For complete 30-30 race results, THE RUNNERS MART on KING STREET. GLENN MASON is getting back into shape, recovering after HILO Marathon win, and pointing to 25KM and Honolulu Marathon. JIM BARAHOL has not been running due to his Sciatica problem. Has GREG SHEPHERD given up cigarettes, yet?

The Pearl Harbor Bikepath 10KM drew the usual rave notices. The BARCIAS discovered a huge pig in the women's rest room at Lehua School; this pig was almost as big as the HUNKY BUNCH pig. HENRY RICHMOND at the start line commented that it was just like the rice paddies of Canton, China, though not as interesting. SCOTT BULFINCH was a race official because he had no less than 3 consecutive weekend races on the course and had no desire for a 4th. At least two runners expressed their thrill with the course by throwing up, and at least four front runners just gave up and dropped out. The temperture was in the high 70ties, and very uncomfortable. The only things not present on the bikepath were bikes. For a tour of the backwash of Pearl Harbor, a few stagnant ponds, and the back-door of an industrial area, it's not all that bad. If it were popular like the Diet Pepsi 10km, some would be elbowed of the road, both coming and going. There were plenty of volunteer officials who did not choose to run, borrowing Calvin Coolidge's disclaimer. The results appeared in the ADVERTISER under "LOCAL BICYCLING" in case you didn't look in the right place. With two Democratic nominations for the STATE HOUSE of SENTATIVES up for grabs in the 18th District (Aeia-Moanalua), CONNIE (hunky bunch) CHUN placed second in a field of seven. Nomination is tantamount to election, so congrats Connie. CYNTHIA TUTTLE was describing her bout with the jelly-fish in swimming, and BETH KALAL was glad to be 15th in a field of 20 in the Run-to-the-Sun on Haleakala. Also congatulation to MPRRC member SARAH FREEMAN, who after an injury in the Honolulu Marathon, has been swimming to stay in shape. She finished the Rough-Water-Swim in a good time of 1:51,. We understand the WINDWARD MARATHON is jelling in the minds of many. CHUCK STRANG, previously reported to have moved to Arizona, is now feeling lonely in Prescott, high and cool, and may well return to Hawaii in due course. BOB OPLIGER, wearing a 1974 faded and holed Tantalus Gold T-shirt. is visiting Hawaii after a five-year absence, bearing his Masters thesis from Santa Barbara, and trying to find familiar faces. CHUCKIE KING was telling him about how MARK SPITZ wanted to buy his running goods shop. (NO DICE).

Once again, the KOLEKOLE PASS RELAY was a safe race, and this time TROPIC LIGHTNING STRIDERS did a super-job in adminis tering it. TOM KNOLL was in town training for September 29-31

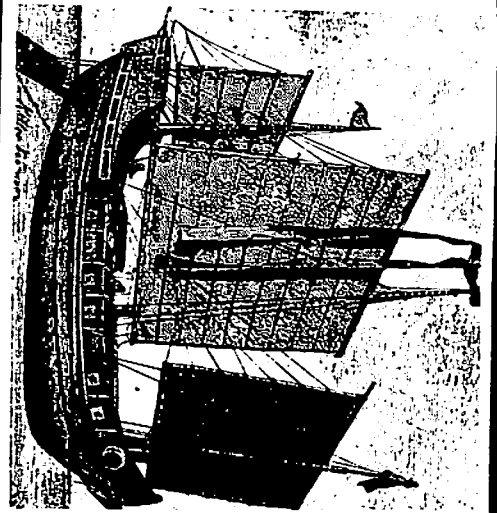
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300-mile run for the Jerry Lewis Telethon (Muscular Dystrophy) from San Jose, CA through Santa Cruz, Santa Clara, Monterrey, Palo Alto and back. Tom has finished an intensive year of Russian Language at Monterrey and is in Washington, D.C. shortly for three months of further training. On August 10, the MPRRC was honored by the Dept. of Parks and Recreation of the City and County of Honolulu, with MAYOR FASI making a presentation at the Blaisdell Center. Dr. STAN KARANSKY, new Chair of the Education Committee, has announced its composition: BRIAN CLARKE, CONNIE DEL ROSARIO (Connie Comiso), VIVIAN CORDIAL, GEORGE ISHIKI, KEN KUROIWA, KENT KJELSTROM, BOB PETERSON, and JOYCE SPOEHR. The Committee plans to continue the Running Camp and hold at least one Education Meeting on a theme to be selected later, hoping to keep to the high standard set by outgoing Chair, DICK HOYER.

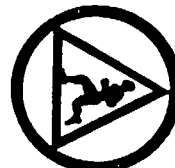
There were two ways of seeing the MOSCOW OLYMPIAD. Former Honolulu runner RAY MENZIE of Mill Valley, CA went anyhow (88 Americans out of the original 2,000 on TAFNOT Tour were there) and considers himself a die-hard. SCOTT HAMILTON boycotted but went to Oxford University instead, watching lavish coverage on British TV, from Worcester College where the "bed and breakfast" was better than Moscow. Having announced a group planning to copete in the N.Y. Marathon in October, DWIGHT OVITT was perplexed to find only one Hawaii entry accepted and is appealing the time allowed for postal service entry. Something's wrong, he proclaims! Past President RON MARKARIAN officially seperated from USAF at a Hickam Flagpole Ceremony on August 22 and makes noises about returning to Fresno, CA, at least for an extended visit. JOCK SEMPLE of the Boston A.A. explained the nuances of Rosie Ruiz to JACK and DONNA SCAFF during a breakfast in his honor here 23 August. MIKE TYMN and JACK SCAFF, who often bait each other through columns, were pleasant breakfast companions. By the way, Mike says his time in the Cascade 15km was 49:32. How's that for a Mainland time? We are reminded of the new Boston Standards. Men: under 40, 2:50 or better, over 40 3:10 and over 50 3:20, over 60 3:30. Women: under 40 3:20 or better, over-40 3:30....etc. SEMPLE, who will be a keynote at the Fourth Annual Conference on Race Administration this December, adds, "If you are from HAWAII and come within 5 minutes of the limit and have a problem, just let me know!"

Do you remember STEVE STEERS, who directed the first 30-30 races for United Airlines? He's now Denver Station Operations Manager and resides at 993 Arrow Wood Road, Golden Colorado, 80401, and says they had 203 inches of snow last year but it was beautiful. He says his running is at an all time low (What? no Rocky Mountain High?). JIM PRESS on GAO assignment to Japan for three weeks was asking importers what they think about the quality and safety of U.S. Seafood exports. He thought about climbing Mt. Fuji a second time, but then heard about boulders killing ten. He asks, "Does it seem lately volcanos are rebuking man and women?" BILL CUNNINGHAM, who became disoriented on Mauna Loa last year, was playing it safe on the Kalalua Trail on Kauai's Na Pali Coast. There were cliffs on either side of the trail, and we read where a famous Hollywood film Director went over the side of the trail, and died. GORDAN DUGAN, who competed in the WESTERN STATES 100-Miler a second year, the race featured in PEOPLE. ASTMAN, who was 2nd in the Maui Run-to-the-Sun on Haleakala, eleven minutes behind MAX TELFORD, was clobbered by the altitude, having trained on nothing higher than Mount Tantalus in preparation.

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SUNSET CRUISE
AIKANE CATAMARAN
KEWALO BASIN
fri nite oct 17
dep 8:30 pm -
NOV 7 1980
MID-PACIFIC ROAD RUNNERS CLUB



MPRRC invites all runners, to enjoy a pleasant sunset cruise aboard the AIKANE catamaran. Information about departure, price and qualifications to be sent out in a SPECIAL INVITATION to ALL MPRRC MEMBERS. Hope you can all come, see you there

This was to have been a repeat of the bike trip of the previous year, but this time Gordon blew when Mt. St. Helen's blew its stack. He ended up in the Emergency Room of the Nelson, British Columbia, Hospital with a touch of pneumonia. Now, Gordon, you know you're only mortal! The Honsport 30-30 had quite a range of names, from "RUBBA SLIPPA" to "SOLEMATES". Possibly the best art work was PUNALUU PANIOLOS, and the cleverest design was DR. DOO-LITTLE'S SNAILRACERS, INC. (by DOUG KALAL, who signs his signs). JOHN RODOLPH, who was allowed in his wheelchair to start early, had a big photo in the Honolulu Advertiser Sports Section for his finish in 1 hour 58 minutes. The Club (MPRRC) planned to take prompt action against the Volkswagen's four persons that harassed runners, including a thrown beer-can and a punch in the mouth. LINDA IBARAKI, who had been up since 2:30 AM, said, "I want to go home and sleep". The many race officials were valiant in their hours and energy to make it a superb event.

SCOTT HAMILTON ((923-3308))



tantalus 10m sep 28, 80.

1	56:03	Dennis Hansen	0	36	73:51	Doug Alger	N
2	57:04	Morgan Edwards	0	37	74:12	John Kreag	0
3	59:26	Bill Astman	0	38	74:19	Lee Ann Mullen	WO
4	60:05	Ed Kobayashi	0	39	74:42	Robert Numby	0
5	60:17	John Alexander	0	40	76:08	Dan Barcia	JHS
6	60:58	Mike LaPierre	40+	41	76:14	Newt Ferris	0
7	61:28	Dave Krupp	0	42	76:15	Carl Kawabata	0
8	62:47	Charles Woods	0	43	76:43	Joe Barcia	E
9	63:29	Dick Asato	0	44	76:45	Geoff Taylor	0
10	63:39	Henry Richmond	40+	45	78:48	Ronald Haar	0
11	63:52	Ken Kuroiwa	0	46	79:05	John Cotham	0
12	64:19	Dan O'connor	0	47	80:00	Tom Burrnett	40+
13	65:04	Scott Hamilton	50+	48	80:19	Peter Barcia	40+
14	65:55	Wally Samuelson	0	49	80:28	David Rarangol	50+
15	66:37	Tom Gardner	40+	50	80:33	Alex Roth	60+
16	67:21	Robin Robinson	0	51	81:29	Henry Kariel	50+
17	67:26	Craig Knohl	N	52	82:11	Kathy Barcia	WJHS
18	67:28	Mike Bauerlein	0	53	84:09	Glenn Steinburg	0
19	68:11	Robert Opliger	0	54	85:42	Al Chun	0
20	68:31	Warren Sherman	0	55	86:10	Peter Rappelle	0
21	68:45	Jiro Saegusa	0	56	86:33	Mike Toyofuku	N
22	69:09	Milan Marich	40+	57	86:47	Nancy Backes	WO
23	69:14	Richard Shimizu	0	58	87:42	Tomas Ferguson	50+
24	69:48	Noble Beck	0	59	89:09	Gary Perusse	0
25	70:07	John Barcia	HS	60	89:10	Anthony Gencarelli	0
26	70:15	Barry Odegaard	0	61	90:04	Kevin Bradshaw	N
27	70:18	Rick Kahle	40+	62	90:56	Ed Casey	40+
28	70:23	Ricardo Delleria	0	63	92:27	Amy Barcia	WHS
29	70:57	Tom Vanderhout	0	64	92:28	Mark Uyehara	HS
30	71:16	Dave Devenot	40+	65	94:45	Beth Kalal	WO
31	71:29	Thomas Yoza	0	66	97:21	Paul Huycke	N
32	71:35	Edward Hamada	N	67	1:40:12	Laura McMarlin	WHS
33	71:36	Damian Cucinell	JHS	68	1:40:59	Ron Markarian	40+
34	71:44	Bill Cunningham	40+	69	1:44:30	Fran Prozd	WO
35	71:50	George Ishiki	50+	70	1:55:00	Joe Medina	40+

PEARL HARBOR BIKE PATH -- 10K
September 14, 1980

1	Mike Tymn	32:57.2	40+
2	Morgan Edwards	34:29.3	0
3	Anthony Sedeno	35:00.9	0
4	Joe Laturneau	35:01.5	0
5	Jeff Nakasone	35:12.2	0
6	Brian Chong	36:00.5	HS
7	Craig Johnson	36:49.2	HS
8	Henry Richmond	36:59.6	40+
9	Mark Nozares	37:04.5	0
10	Larry Axmaker	37:05.6	40+
11	Unofficial	37:53.7	---
12	Donald Leopoldo	38:09.4	40+
13	Alvin Kim	38:19.6	0
14	Mike Meulemans	38:41.8	0
15	Casey Ibaraki	38:51.8	0
16	Scott Hamilton	38:59.5	50+
17	Tom Gaarder	38:59.5	40+
18	John O'Brien	39:08.2	0
19	Dick Asato	39:09.9	0
20	Dave Devenot	39:15.7	40+
21	Sean Thompson	40:08.4	0
22	Edwin Hoag	40:08.8	0
23	John Barcia	40:09.7	HS
24	Jim Moberly	40:14.5	40+
25	Michael Murphy	40:14.9	0
26	Richard Shimizu	40:15.6	0
27	Bernard Jacang	40:37.5	40+
28	Steve Dixon	40:50.4	0
29	Jiro Saegusa	40:52.6	0
30	Roger Lohman	40:55.5	0
31	John David Towne	41:13.3	N
32	Tina Heilbron	41:14.2	0
33	Barry Oneto	41:20.8	40+
34	Hank Hatch	41:28.8	40+
35	Gary Kosciusko	41:33.2	0
36	George Ishiki	41:37.7	50+
37	Kathy Barcia	41:52.2	JHS
38	unknown	41:52.7	---
39	Bill Cunningham	42:00.7	40+
40	Karen Courter	42:51.3	JHS
41	Jim Kraus	42:52.8	0
42	Charles Prentice	43:01.4	0
43	Clinton Chung	43:01.8	N
44	Loren Ernst	43:05.6	0
45	Tom Smith	43:12.4	HS
46	Damien Cucinell	43:17.5	JHS
47	George Miyashiro	43:22.7	40+
48	Bob Gardner	43:27.4	40+
49	Robert Mumby	43:38.3	0
50	Keith Allen	43:42.1	0
51	Carl Kawabata	43:44.4	0
52	Renee Yuen	43:45.8	0
53	Steven Yuen	43:47.3	0
54	Peter Cucinell	43:52.4	JHS
55	Robert Doleman	44:06.6	40+

56	Robert Kenyon	44:23.6	0
57	Ed Casey	44:30.1	40+
58	Alan Picard	44:31.0	0
59	James Ennis	44:31.6	0
60	Thomas Yoza	44:44.7	0
61	Curtis Toma	44:46.2	JHS
62	Norm Matthews	44:49.7	0
63	Joseph Sunderland	44:57.9	0
64	Michael Engelmann	45:04.7	N
65	Dan Barcia	45:14.4	JHS
66	Rick Chang	45:27.4	N
67	David Rarangol	45:32.2	50+
68	Nancy Courter	45:38.2	0
69	Rip Courter	45:38.7	0
70	Ralph Mason	46:01.2	N
71	Brian Higgins	46:08.8	HS
72	Pete Reinagel	46:26.0	0
73	Peter Barcia	46:30.9	40+
74	Marilyn Reis	46:31.2	0
75	George Handler	46:36.7	0
76	Milan Marich	46:39.0	40+
77	John Cothal	48:02.4	0
78	John Paul	48:16.4	0
79	David Hastings	48:21.3	JHS
80	Carol D'Angelo-Murphy	48:48.5	0
81	Dennis Dorman	48:57.1	0
82	Pat Yancey	49:09.0	N
83	Jamie Downey	49:11.8	0
84	James Rumbaugh	49:21.8	N
85	Billy Cunningham	49:29.1	HS
86	Jerry Oar	49:33.8	0
87	Tom Ferguson	50:31.4	50+
88	Steve Donaldson	51:11.4	0
89	June Cunningham	41:40.7	E
90	Amy Barcia	52:03.5	HS
91	Ron Markarian	52:19.6	40+
92	Joe Barcia	53:36.1	E
93	Darrell Smith	53:46.8	0
94	Howard Noe	54:19.9	N
95	Sidwell Glenoon	54:20.3	N
96	Beth Kalal	54:45.7	0
97	Laura McMarlin	55:07.2	HS
98	Buck Jones	56:15.3	50+
99	Roseann Cunningham	56:40.7	E
100	Julie Barcia	57:09.4	40+
101	Steve Little	57:41.8	0
102	Doug Kelly	58:06.7	0
103	Olga Humalon	59:13.0	40+
104	Janet Matsumura	59:13.5	N
105	Ricky Noe	1:01:01.2	E
106	Stacey Axmaker	1:01:08.2	JHS
107	Paul Huycke	1:01:53.1	0
108	Art Sims	1:01:59.4	0
109	Carol O'Brien	1:02:29.2	0
110	Elly Cucinell	1:04:07.8	40+
111	Shauna Burke	1:04:08.1	0
112	Julie Barcia, Jr.	1:05:54.4	E
113	Sam Cucinell	1:08:04.0	40+
114	Mel Ako	1:09:04.5	N