



## runners log



December

7 (Sun) Honolulu Marathon

28 (Sun) Diamond Head 5M  
MPRRC 8:00am

January 81

4 (Sun) Bosetti Badlands  
10K MRRRC  
new time 7:00 am

18(Sun) Kilauea Hill 8M  
MPRRC  
new time 7:00 am

CARLOS MARTINEZ  
HANG TUFF EDITOR



LOOKIN' GOOD AT MOANALUA-TRIPLER 10K

photo Kevin Harp

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

Non-Profit  
Organization  
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STUART K. HARP  
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HONOLULU, HI. 96818  
REPORT DATE 11/26/80

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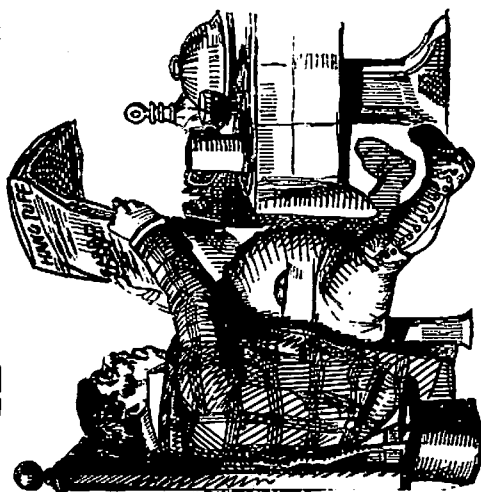


# CARBO-LOADING PARTY

Thursday Dec 4 starts 6:30 pm

# KAIKAIWAHA BEACH HOTEL

Carbo-Loading Party  
All MPRRC Members admitted at no charge  
guests 5.00 Dollars at the door.  
Starts at 6:30 pm  
Come and join all in a great dinner



HANG TUFF Scott Hamilton 923-3308)

Someone who has not been around for a while is DAVID OESER, who now lives in Newport Beach, CA, as steward for Pan-American, and when not sun-tanning is collecting hours towards multi-engine pilot license. In the new legislature, CONNIE CHUN will be one of the few(a) women (b) Filipino ancestry (c) runners in the new State House of Representatives in January 1981. JOHN NOTCH, now President of the Lake Merritt Joggers and Striders in Oakland, CA, sends a clipping on his being in the Western States 100, and says he will lead a tour group to Honolulu for the Marathon. In moving back to Fresno CA from Hickam, BENNIE MARKARIAN made sure that husband RON jetisoned his running magazines (but not his t-shirts). SCOTT HAMILTON was the only marathon contender who had to train on the "roads" of Kalo'olawe, with skinny dipping in the ocean rather than a shower. Only the roads are free completely free of possible explosives. He had nine days of camp out work recently. DR. STAN KARANSKY says he is trying for fresh faces and new blood on his Education Committee, and has a big program scheduled at McCoy Pavillion on Tuesday Dec. 3 during marathon week.

Some of those who competed on the 10,000 foot Haleakala came down to earth with Mount Tantalus Counter clock-wise, like BILL ASTMAN and BETH KALAL. The field was smallish by community standards and those who were away included Navy runners with competition that morning, joggers for whom the mountain is strenuous, Kauai Marathon entrants not wishing to risk injury, and those ailing and injured. Race director JIM ROSE had lots of volunteers, so how did one entrant apparently miss Makiki Heights Drive and end up in the cementary (not the grave however). LORIN GILL, a resident of Tantalus, had some choice words about runners cutting the curves amidst auto traffic. Makiki Park has evrything needed for a race finish except a water fountain and rest rooms. Asked one entrant, "How do you know when I'm on top? one possible answer, "when you feel Tantalized!" DENNIS HANSEN was a runaway winner, possibly because he wasn't in a sheet tandem with STEVE SOBAJE. The argument continues as to which is the better route, clock-wise with a steep start or CCW, with a gradual start. The weather—including sun, cloud-cover, rain etc.—has a lot to do with the times.

The Val Nolasco Half-Marathon October 19th gave many Club members First Place plaques in thier categories. Each plaque had a different oil painting of some view from the course. Many of these views we would rather forget (ie. highway, telephone poles, that "hill"). There was no painting of the view to be remembered—the finish line. Each race number had a computer slip to be pulled. MIKE LA PIERRE and GIOVANNI BARTOLINI both wore their number where a fig leaf might go. As they crossed the finish line, the young ladies reached out for the coumputer slip and "got their number". MIMI BEAMS raves about the September Chicago Marathon and recommends it to others (58 degrees). She works for Meadow-Gold, a subsidirary of Beatrice Foods, one of the Marathon sponsors, and was sent expenses paid. James (J.J.) Johnson is now in Brazil competing in the military championships, after training in Texas, to return November 20th. Eighteen persons showed up for the MPRRC Quarterly Meeting October 8th because their was no notification; oh well, 90% never got the word. There was discussion of moving club races up to 7AM, meaning check in at 6:30, officials arriving at 6AM after rising at 5AM—WHY NOT? DAVID



KRUPP and NOBLE BECK and friends retire to Cocount Island for a beer after races. How do they do this when the ferry boat doesn't operate on Sunday? Krupp pilots the ferry boat, that's how. We hear it's a real "Fantasy Island". DAVID RIDDLE (Capitan USA, HHC EUSA Claims, APO San Fransisco, 96301) writes from Yongsan, Korea. The first editor of Hang Tuff took second place in the 4th Annual Hash House Harriers Mini-Marathon in Taipei, Taiwan, which had 530 entrants from all over. The newspaper photo shows David pounding his way through the Taiwan countryside en route to his second place finish. Speaking of Second Place, MORGAN EDWARDS is bemused at being a frequent second, (some of us should be so lucky). Maybe he should apply to be Avis's running man answer to O.J. Simpson. According to BOB TRANKLE, the rankle is about his ankle, having had an operation for bone spurs. During recuperation, he is lucky to keep up with his wife in running. Have you seen all those brand new color coordinated slinky running ensembles after a hard race.? The GORDAN DUGANS were awakened in the middle of the night by the distant smell of smoke, and found their ridge was on fire further up. Calm down, Barbara, don't evacuate until you see the flames! It's not to late to ask Santa Claus for an early gift of a good Honolulu Marathon time, or even better, to firm up a list of New Year's resolutions for the 1981 running year.

AL CHUN, a commercial artist for 17 years, will start the Magazine, ISLAND RUNNER, in January, charging 1.50\$ for monthly issues or \$12 per year (B: 845-3302), with sponsors underwriting the effort. STEPHEN DAY, the photographer who took pictures at the Half-Marathon, was taking pix of the Schofield 25 KM Race. BOB FLATH showed up to run, saying it takes 100 laps of his ship to a mile, as he is en route to the Far East. BEN HABLUTZEL from Anchorage Alaske, was making his annual visit and run. JEFF TYLER from Perth, Australia, ran the 25 KM but KEVIN PERRY, age 2, with No. 1 shirt and running shoes, had done his running for the day. BOB NOBLE, still recovering and enjoying watching, is pointing for Diamond Head 1981. JAMES PALMER, who helped with the race, is still recovering from the 1979 Honolulu Marathon and hasn't run all year.

NOEL MURCHIE has just been invited to compete in a 20 KM Race in Japan as the guest of the Japanese Government—more later. KENT DAVENPORT did a 2:41:52 in the NIKE-OTC Marathon, placing 127th out of 900. GLENN MASON, DON MUELLER, WIN SALE, and Win's brother, went climbing and camping in the High Sierra Nevada Mountains at Bishop Pass, and Glenn comments on how beatiful but how cold it was. DICK HOYER says it's official, his engagment to marry next May 16, 1981 SHELLEY DE GARCIA. Upon seeing ALBERTO SALAZAR on TV, pointing to a NY Marathon record, someone commented, "Gee, he runs like MIKE TYMN." One of the punch lines of the commentator was "The marathon is a Podiatrists' Smorgasbord."

STAN KARANSKY (Alias "Anxious") was tapped on two weeks' notice to direct the Schofield 25KM Race, when Tropic Lightning Striders were called away to manuevers on 'Hawaii', and had to start the race without a gun. Don't worry, Stan, you're our Big Gun, after effectively administering the race. SH

MPRRC General Membership Meeting January 14, 1981 7:30pm  
Kapahulu Library :at the Diamond Head end of the Ala Wai Canal  
across the street from the fire station. Important issues to be  
decided. All members welcome.

## PRE-MARATHON WEEK INFO.

Noted Foot Doctor  
To Present Talk

Dr. Harry F. Hlavac, an outstanding running/sports Podiatrist, will be our guest speaker on Dec. 2, 1980 at 7:30 P.M. in McCoy Pavilion. Dr. Hlavac's subject will be "Running Styles, Foot Performances and a Prevention of Running Injuries". Because this will be a part of Pre-Honolulu Marathon Week, we expect a good turnout, so come early to get a good seat.

Dr. Hlavac is the author of THE FOOT BOOK and a contributor to RUNNERS WORLD and has written numerous articles for a variety of running journals and handbooks. He has an active Podiatric Sports Medicine practice in Mill Valley, California and is an Associate Professor of Biomechanics at the California College of Podiatric Medicine.

The program talk will be followed by a 30-minute group clinic where Dr. Hlavac will examine and discuss individual runners for the benefit of the group.

## help!

Anyone interested in helping out WALT STACK and his Wife with a place to stay in FEBRUARY 1981 in preparation for the "IRON MAN" Triathlon Contest, please contact JIM FERRIS  
BROOKS SHOE CO.  
promotion representative in  
Hawaii at 833-3710.

OPEN DIVISION MEN

1 Sam Rojas	35:57.7
2 Mark Perry	36:50.6
3 Ed Kobayashi	36:27.4
4 Tony Sedano	36:27.6
5 Peter Napoleon	36:46.8
6 Dick Asato	36:53.6
7 Alvin King	37:22.5
8 Jeff Jacobs	37:26.2
9 Tom Morris	38:27.6
10 John Morgan	39:08.6

OPEN DIVISION WOMEN

1 Lori DeClerg	38:53.8
2 Becky Russell	40:34.5
3 Connie Del Rosario	41:10.8
4 Mary Ann Higa	41:46.9
5 Jamie Downey	45:30.8

MASTERS

MEN 40+

1 Larry Axmaker	36:27.9
2 Don Leopoldo	37:14.4
3 Gordon Dugan	39:05.2
4 Bernard Jacang	39:50.1
5 Bill Cunningham	40:12.8

WOMEN 40+

1 Noel Murchie	42:01.6
2 Julie Barcla	52:55.6

MEN 50+

1 George Ishiki	40:35.9
2 Fred Trask	41:17.8
3 George Murray	43:55.6
4 Tom Ferguson	47:42.7

HIGH SCHOOL MEN

1 Charles Rienbold	38:17.5
2 John Barcla	38:44.4
3 Peter Ebel	39:02.7

JUNIOR HIGH WOMEN

1 Kathy Barcla	41:20.2
2 Karen Courter	45:12.2
3 Rosanne Cunningham	54:05.8

JUNIOR HIGH MEN

1 Damien Cucunell	40:05.1
2 Danny Barcla	41:39.4
3 Peter Cucune..	47:21.1

FEMALE ELEMETARY

1 June Cunningham	49:26.1
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HIGH SCHOOL FEMALE

1 Amy Barcla	54:50.6
2 Laura McMarlin	54:54.9

NOVICE

1 Clinton Chung	40:08.7
2 Edward k. Hamada Jr.	42:02.2
3 D. Frey	43:52.1

*Note from the Editor: I am sorry that I could not type the complete results, but due to the bad writing by the runners it was imposibble for me to read all the names please consider this next time you sign in for a MID-PAC race.. cm*

good  
luck  
december  
7th

# president's corner

## AAU CHAMPIONSHIPS?

At the last membership meeting October 1, the Excutive Committee requested everyone give some thought to the Club's continued sponsorship of the Athletic Congress Championship races (formerly AAU). To participate in these runs TAC membership is required (previously \$3.50 a year; this year it will cost 5 or 6 dollars). A certain portion of these fees reverts to MPRRC control and has been used to send runners to variuos national championships.

In the past, AAU membership was essential to an athlete's participation in long distance running. At that time all races needed an AAU sanction and your AAU card certified your amateur status.

One question that needs to be asked now, however, is why should we continue all these AAU races? Amateur status consciousness isn't what it used to be and MPRRC's membership in the RRCA organization gives all of our races AAU santioning.

Most of us don't perform at national levels so we don't have to worry about proving our amateur status to anyone..

In this writer's view, the only advantage to having TAC championships is there's more personal status in saying you're the Hawaii Athletic Congress Champion, rather than simply the winner of a Mid-Pac road race.

To ensure a continued prestige factor, it would be possible for us to designate certain races as Hawaii Road Racing Championships. An extra fee (probably \$1) would be assessed to cover the costs of awards.

What do you think? A vote will be taken at the January membership meeting. In the meantime, send your opinion to us.

Don Mueller  
President  
Mid-Pacific Road  
Runners Club

After much discussion, your executive board has decided that, in the interests of safety, no wheeled contrivances be allowed in any Mid-Pac race. Due to innumerable considerations regarding the safe conduct of our foot-races, it was felt that the possibility of seriuos injury to a runner or a person participating in a wheelchair was quite high. We based our thoughts on the precedants set by other running organizations, such as the Honolulu Marathon Association, the New York Road Runners Club, and the Boston Athletic Association, all of whom has experienced serious incidents involving runners and wheelchairs. The issue is a delicate one. It has not been passed over lightly. But it will ultimately be up to you, the club member, to decide this issue. Please call on any of our elected officers for clarification before the January General Membership Meeting.

for the Executive Board,  
Dick Hoyer  
Vice-President, Race Administration.

# 25 km

## 10-26-80

1	1:26:50	Dennis Hansen	O	51	1:57:14	Lance Wiebe	JHS
2	1:27:52	Mike Tymn	40+	52	1:57:27	Tom Burnett	40+
3	1:31:59	Robert Johns	HS	53	1:57:35	Peter Rappelsline	O
4	1:32:49	Charles Woods	O	54	1:58:30	?	-
5	1:33:31	Glenn Mason	O	55	1:58:38	?	-
6	1:34:29	Scott Bulfinch	O	56	1:58:44	Ron Lynch	O
7	1:34:59	Mike La Pierre	40+	57	1:59:31	Judy Kselstrom	WO
8	1:36:27	Kent Davenport	O	58	2:00:14	Kieth Allen	O
9	1:37:29	Sam Rojas	O	59	2:01:14	Pat Kenworthy	O
10	1:38:05	Ken Hablutzel	O	60	2:01:18	John Cotham	N
11	1:38:18	Dennis Enestrom	O	61	2:01:38	Al Chun	O
12	1:39:01	? Obrien	O	62	2:01:44	? Torres	O
13	1:39:11	Don Leopoldo	40+	63	2:01:53	?	-
14	1:39:46	Mark Perry	O	64	2:01:58	Dave Hastings	E
15	1:40:14	Henry Richmond	40+	65	2:02:02	Bev Haugh	WO
16	1:40:15	Gordon Dugan	40+	66	2:02:45	Al Periz	N
17	1:41:13	Spencer Chapman	O	67	2:02:45	Dan Barcia	JHS
18	1:41:16	Dick Asato	O	68	2:04:58	Connie DelRosario	WO
19	1:41:45	?	O	69	2:06:15	Ray Dotson	O
20	unof	Bob Hoffman	-	70	2:06:30	David Rarangol	50+
21	1:42:46	Bob Flath	O	71	2:07:17	Nancy Backes	WO
22	1:43:02	Phil Godfry	O	72	2:08:44	Nancy Courter	WO
23	1:43:23	?	-	73	2:09:12	William Hughes	O
24	1:43:33	Wille Meulemans	O	74	2:09:17	Karen Courter	WJHS
25	1:43:33	Tom Gaardner	40+O	75	2:09:37	Buck Jones	50+
26	1:43:28	Tim Roberts	O	76	2:10:44	Kent Ksjelstrom	N
27	1:43:45	Tom Early	O	77	2:10:52	June Cunningham	WE
28	1:46:00	Tom O'Malley	O	78	2:11:20	Mel Drisco	40+
29	1:46:23	Edwin Hoag	O	79	2:12:24	John Kelleher	N
30	1:46:23	Larry Smith	O	80	2:12:37	Ralph Mason	N
31	1:46:24	Robert Hearn	50+	81	2:12:53	Sig Ramler	50+
32	1:46:53	Marich Milan	WO	82	2:13:56	John Shoemaker	HS
33	1:48:57	Joni Pagala	50+	83	2:15:45	Billy Cunningham	WJHS
34	1:49:05	Bill Cunningham	50+	84	2:16:02	Norman Boroughs sr.	50+
35	1:49:11	Daius Amjadi	HS	85	2:16:02	Norman Boroughs jr.	N
36	1:50:08	Damien Cuchinel	JHS	86	2:16:27	Buzzy Klien	JHS
37	1:50:15	George Ishiki	60+	87	2:16:44	Richard Shimuzu	O
38	1:50:36	Douglas Schramel	50+	88	2:16:44	Mori Shiriox	WO
39	1:50:56	Carol Granados	WO	89	2:17:09	John Hawkins	N
40	1:51:12	Geoffrey Taylor	O	90	2:17:45	Betty Nakasone	W40+
41	1:51:19	Bernard Jacang	40+	91	2:18:15		
42	1:51:25	Marshall Dressel	O	92	2:21:17	James Godfry jr.	50+
43	1:51:42	Tom Smyth	40+	93	2:22:20	Beth Kalal	WO
44	1:51:43	Noel Murchie	W40+	94	2:24:07	unof	-
45	1:51:57	Barry Pickering	O	95	2:25:09	Charles Prentiss	40+
46	1:51:58	Barry Klien	O	96	2:25:49	Jim Brakhand	N
47	1:54:10	Bill Miller	N	97	2:29:04	Sam Barth	50+
48	1:54:36	Jim Corbin	N	98	2:29:17	William Jones	O
49	1:56:00	Rick Chang	O	99	2:29:31	Mary Birch	WO
50	1:56:39	Carl Kawauchi	O	100	2:34:40	Paul Hucke	O
				101	2:36:36	Maryann Mcleod	WO
				102	2:36:27	Cynthia Tuttle	WO
				103	2:39:43	Diane Cohen	WN
				104	2:43:35	Glenn Cunningham	JHS
				105	2:48:36	Alisa Goldman	WO
				106	2:48:37	Carol O'Brien	WO
				107	2:48:38	Ellie Cucinell	W40+