

February 1981



## runners log



February

Sunday 8-Barbers Point RRCA  
20K Championship.

Sat.-Sun 14-15 Oahu Perimeter  
Relay Race 133Mile

Sunday 22-Run-Swim Biathlon  
March

Sunday 1- Mid-Pacific Institute  
Cross Country Run.

Remember all MPRRC races  
now start at 7:00 AM.

**CANCELLED**

### HANG TUFF STAFF

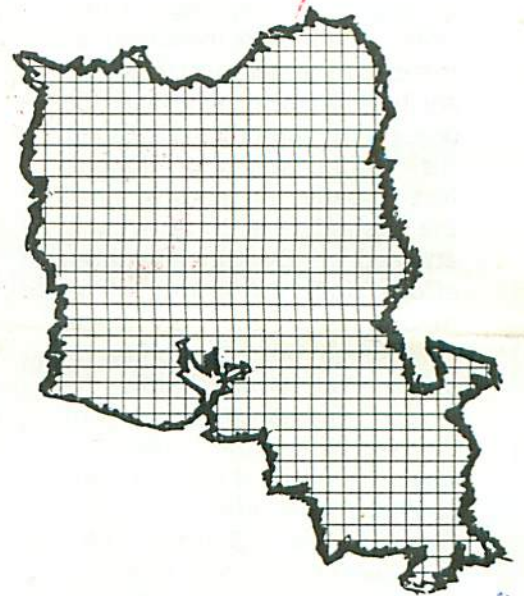
Carlos Martinez  
and Brian Clarke

## MID-PACIFIC ROAD RUNNERS CLUB •

# OAHU PERIMETER

# RELAY

# RACE



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

Non-Profit  
Organization  
U.S. Postage  
Paid  
Permit No. 367  
Honolulu, HI.

STUART K. HARP  
847 MOREELL DR.  
HONOLULU, HI. 96818

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## THE COACH'S CORNER

By Brian Clarke

### OPTIMIZING EFFORT

An optimum-effort run finds perfection in a harmonious blend of effort and resistance. From the first step, the sensitive runner knows that the easier the initial effort, the milder the transition between the resting and the running states.

As resistance to the stress of running begins to rise, it frees the runner to move more quickly -- to exert a greater effort through a greater range of motion. With each increment of force, additional muscle groups are brought into play; and the process of 'running under' their initial stages of discomfort is patiently repeated until the desired level of activity is attained. By this method, effort finds its proper place, subordinate to resistance.

Although one's sensibility requires that effort follow the lead of resistance, the art of training allows the runner to shape the adapted form of resistance by using effort as a tool. Contrast Frank Shorter's 140-mile weeks with Seb Coe's rapid bursts of speed. A Shorter training run exemplifies the relatively horizontal resistance curve of a marathoner; while Coe's intense, miler workouts can be visualized as narrower, more spiked-shaped curves. We must assume that Coe and Shorter were not born champions; but that gradually and deliberately their resistance was extended by constant training efforts.

How much effort did they use?

Consider the feeling of an all-out effort run. My running mentor, who was not a great kicker, used to exonerate himself after a close race by quipping that he could have gone farther, but not any faster.

He recognized his momentary inability to accelerate as a prelude to exhaustion. Is this the way the Coes and Shorters of the world train, always on the verge of breakdown? Logic and experience indicate that their running is more accurately characterized by an optimum unity in which the further limits of resistance are approached with effort, but never violated.

The problem of optimizing training effort is perennial. Choices must be made, options taken, dilemmas overcome. A high degree of running effort may result in a high degree of adaptation, but it may also leave the runner too exhausted to perform in other areas of life. In his book, *The Stress of Life*, Hans Selye theorizes that each of us has a limited amount of adaptive energy allowed to us each day; and that we are free, according to our values, to allocate it among our various effort-requiring activities. But if too much adaptive energy is chronically focused in one area, a breakdown eventually occurs. Resistance collapses, and injury, illness, or fatigue set in. Selye's experiments indicate that exhaustion is as inevitable as death. So optimizing training effort becomes the art of staving off exhaustion while maximizing the constancy of effort.

In few areas of life is this more critical than in competitive distance running. It begins with the recognition that too much effort-induced stress results in lowered training performance. If the runner has been training at less-than-full effort, an increase in effort may serve to maintain training standards. But not without a price. For stress is on the other side of effort. With every increment of effort, the effects of stress are magnified in an excess of seemingly unrelated symptoms: stiff, sore muscles that fail to

respond to gentle running, irritability, lack of interest, insomnia, diarrhea, and so on. If ambition or ignorance rule the will, the runner may be tempted to run 'through' the symptoms of distress instead of wisely easing under them.

An analogy may help to further illuminate the process of optimizing training effort. One might say that the effort of running is like the effort of stretching. The object of stretching is to relax the muscles and thereby elongate them. Observe a person who is in the habit of crossing only one leg. The crossed leg is usually the more flexible. Over time, the force of gravity, rather than a conscious effort, has made the difference.

Similarly, running effort 'stretches' one's resistance to the stress of running. Intelligent training requires that the runner be conscious of the movement of resistance while optimally extending its horizontal and vertical dimensions. With each extension comes a small accretion of adaptive energy. But only in a future moment will it become accessible for further running efforts. Bill Bowerman, the former University of Oregon coach who introduced America to jogging in the 1960s, used to send a runner home to take a nap when he observed one struggling through a workout. He realized that it takes a lot of effort to become a champion, but that it has to flow in a relaxed fashion, without strain, and in its own time.

**RUNNING CAMP DATE  
MOVED TO: MAY 29-30-31**

**SITE: MOKULEIA**

**For more information call  
Brian Clarke 737-4340.**

# diamond head 4.88m run 1228-80

Place	Time	Name	Div.		Time	Name	Div.
1	25:15	Dave Burkhart	0	54	29:54	Bill Diamond	HS
2	25:24	Mike Tymn	40+	55	29:57	Joe Cartwright	HS
3	25:25	Rick Hansen	unkn	56	30:03	Peter Tong	0
4	25:31	Bennett Yori	0	57	30:04	Alan Anzai	JHS
5	25:36	Joe Flannery	0	58	30:06	Jeff Rowley	0
6	25:48	James Johnson	0	59	30:07	Patrick Valentin	N
7	25:51	Jeffrey Schmitt	0	60	30:10	Mike McCormick	0
8	26:03	Michael Welch	0	61	30:11	Damian Cucinell	JHS
9	26:14	Jonathan Lyau	HS	62	30:12	Dan Tompkins	40+
10	26:19	Tony Sedeno	0	63	30:17	??????????	--
11	26:32	Tom Frank	0	64	30:18	John Barcia	HS
12	27:00	David Matsumoto	0	65	30:22	Norm Kawachika	0
13	27:05	Morgan Edwards	0	66	30:23	Dan Connor	0
14	27:08	Jerry Clark	40+	67	30:25	Bill Cunningham	40+
15	27:08	Brian Clark	0	68	30:35	Noble Beck	0
16	27:17	Dennis Landry	0	69	30:53	James Lyau	HS
17	27:18	Mike LaPierre	40+	70	30:55	Dave Brady	0
18	27:19	Eric Arndt	HS	71	30:58	Candy Weise	W-0
19	27:25	Rodney Lavarias	0	72	30:58	Dee Concepcion	0
20	27:27	Cindy Dalrymple	W-0	73	30:58	??????????	--
21	27:31	Tony Scott	0	74	31:05	Edward Gallano	0
22	27:33	Greg Wooley	0	75	31:08	??????????	--
23	27:34	Brian Stackhouse	N	76	31:14	Edward Kubany	40+
24	27:44	Jeff Nakasone	0	77	31:20	Ben Weisshaar	N
25	27:45	Dewey Cartwright	0	78	31:21	Steve Timpson	0
26	28:11	Charles Zilembo	0	79	31:23	Charles Martin	N
27	28:17	Dennis Hansen	0	80	31:24	Don Davis	0
28	28:22	Pat Frederick	HS	81	31:24	Hank Hatch	40+
29	28:25	Donald Leopoldo	40+	82	31:28	Steve Dunlap	N
30	28:35	Charles Woods	0	83	31:32	Mike Dunn	0
31	28:36	Steve Kux	0	84	31:34	Bob Schmitt	0
32	28:39	Paul DeCoursey	0	85	31:37	Carl Kawabata	0
33	28:46	Jeff Liu	N	86	31:40	Steve Dickson	0
34	28:48	Lem Janes	N	87	31:40	Ron Paik	0
35	28:50	Scott Hamilton	50+	88	31:41	David Ross	HS
36	28:51	Dave Devenot	40+	89	31:41	Ralph Dykes	40+
37	28:54	John Conner	40+	90	31:44	Kent Schmitt	HS
38	28:57	Casey Ibaraki	0	91	31:50	Bill Candy	0
39	28:58	Ron Peroff	0	92	31:52	Ed Casey	40+
40	28:59	Tom Besh	0	93	31:55	Connie Delrosario	W-0
41	29:03	Jerry Fiesta	HS	94	31:57	Bryan Miller	0
42	29:06	Mac Busby	unkr.	95	32:00	Mike McCue	0
43	29:08	Randy Lavarias	HS	96	32:00	Lynn Shackelford	N
44	29:11	Don Boarman	40+	97	32:02	Daniel Dinell	HS
45	29:18	Jiro Saegusa	0	98	32:03	Rodney Guba	0
46	29:19	Chris Courter	HS	99	32:22	Jerry Bunch	JHS
47	29:24	Spencer Chapman	0	100	32:23	Kathy Barcia	W-JHS
48	29:24	Jim Bradford	0	101	32:23	Jeff Christiansen	0
49	29:25	Tom Smyth	40+	102	32:27	Frank Barth	0
50	29:30	Dallin Ray	0	103	32:31	Elaine Janes	W-N
51	29:41	Henry Curran	40+	104	32:44	Kevin Snyder	HS
52	29:47	John Poole	0	105	32:45	Paul Quistgard	0
53	29:51	Dwight Ovitt	0	106	32:52	Tom Marks	N
				107	32:54	David Hastings	JHS

108	32:56	Dan Barcia	JHS	168	37:47	Brad Bodie	JHS
109	32:56	Richard Malmgren	0	169	37:49	Roger Bodie	N
110	32:58	Russell Aoki	0	170	37:55	Len Wallach	50+
111	32:58	Mary Ann Higa	W-0	171	37:56	Sonja Lim	W-N
112	33:03	Mike Chauvin	N	172	38:06	Wayne Ching	N
113	33:19	John Curutchet	40+	173	38:06	Steve Lim	0
114	33:21	Lou DiSanto	0	174	38:19	Betsy Barth	W-HS
115	33:25	Nancy Courter	W-0	175	38:23	Diana Pugh	W-N
116	33:27	Raymond Nishimiya	HS	176	38:23	Don Elwell	JHS
117	33:29	George Murray	50+	177	38:27	???????????	--
118	33:35	???????????	--	178	38:28	Josyln Longstolf	W-0
119	33:37	???????????	--	179	38:30	Karl Kaneshiro	0
120	33:39	Joan LaPierre	W-40+	180	38:32	Karen Schmitt	W-0
121	33:42	John Lambeth	40+	181	38:39	Tammy Cartwright	W-HS
122	33:43	Peter Cucinell	JHS	182	38:44	Elizabeth Bunch	W-HS
123	33:52	Steve Dalrymple	JHS	183	38:47	Greg Pelayre	HS
124	33:57	Denise Freeman	W-0	184	38:49	Gordon Ontai	N
125	33:58	Gary Wooley	0	185	38:57	Buck Jones	50+
126	33:58	Alex Roth	60+	186	38:57	Linda Ibaraki	W-0
127	33:59	Chris Nishimura	N	187	38:57	Louis Moustgaard	0
128	34:00	Robert Tyson	40+	188	39:08	Sylvia Shim	W-HS
129	34:01	Nicholas Ramos	HS	189	39:17	???????????	--
130	34:08	Tavee Ortiz	HS	190	39:18	Sophia Arcayna	W-JHS
131	34:25	Gary Sallee	N	191	39:21	Earl Tubey	0
132	34:27	Jean Walker	W-N	192	39:33	Sylvia Valentin	W-HS
133	34:28	Joann Crichton	W-N	193	39:35	Joan Flynn	W-50+
134	34:30	Robert Mumby	0	194	39:37	Rieko Nakama	W-HS
135	34:37	Joe Barcia	Elem	195	39:37	Robert Schmitt	40+
136	34:39	David Rarangol	50+	196	39:37	Sharon Wallach	W-0
137	34:42	Mark Dinell	0	197	39:44	Bill Maki	0
138	34:44	Dan Yahata	N	198	39:52	Katherine Shim	W-40+
139	34:49	Sammy Lee	HS	199	39:54	Carol Nishimura	W-N
140	34:52	???????????	--	200	39:56	Sam Rojas	0
141	35:05	Joseph Bunch	40+	201	40:04	Jerry Cheng	HS
142	35:09	Donnell Cartwright	Elem	202	40:14	Jim Hastings	40+
143	35:16	Tom Squire	N	203	40:15	Gail Yip	W-N
144	35:16	Carol Davis	W-0	204	40:26	Carol Ouchi	W-0
145	35:19	John Samuel	50+	205	40:34	Stacey Axmaker	JHS
146	35:20	Ralph Mason	0	206	40:39	Warren Sekiguchi	N
147	35:24	Ron Wyatt	50+	207	40:40	Julie Barcia	W-40+
148	35:30	Samuel Barnes	40+	208	40:41	Sam Barth	50+
149	35:48	Henry Karrel	50+	209	40:41	Wayne Pugh	50+
150	35:49	Mary Lee Baumgurtner	HS	210	40:42	Ken Muranaka	0
151	35:50	John Stevenson	0	211	40:49	Beth Kalal	W-0
152	35:53	Walter Thomas	0	212	41:29	James Richmond	Elem
153	35:59	Michael Tselentis	50+	213	41:30	Henry Richmond	40+
154	36:04	Lawrence Taylor	0	214	41:39	Mark Pye	HS
155	36:08	Peter Barcia	40+	215	41:53	Eleanor Hastings	W-HS
156	36:09	Kay Tompkins	W-40+	216	41:57	Frank Roddin	50+
157	36:12	Russ Barnhill	40+	217	42:00	Bernie Shell	N
158	36:29	Bob Morgan	0	218	42:05	Marilyn Trankle	W-40+
159	36:28	Richard Nelson	0	219	42:14	Roseanne Cunningham	W-JHS
160	36:34	???????????	--	220	42:16	Ellen Tobey	W-0
161	37:10	Fred Birkett	0	221	42:21	Paul Huycke	0
162	37:10	June Cunningham	W-Elem	222	42:24	Roger Chrisman	unkn
163	37:20	Keith Evans	JHS	223	42:41	Laura McMarlin	W-HS
164	37:21	???????????	--	224	42:49	Robert Deaguerox	0
165	37:21	David Arakaki	N	225	42:53	Jim Moberly	40+
166	37:37	John Loustedt	N	226	42:56	Vera Chrisman	W-N
167	37:40	Glen Mallory	0	227	42:59	Sandra Shim	W-HS

# KILAUEA HILL

## 1-18-81\*

1	42:17.4	Steve Lyons	0
2	43:11.3	Jim Gallup	40+
3	44:35.6	Charles Woods	0
4	44:47.4	Peter Napoleon	0
5	44:53.3	Jim Barahal	0
6	45:28.7	Brian Chong	HS
7	45:53.9	Mike LaPierre	40+
8	45:57.4	Henry Richmond	40+
9	45:59.1	Steve Dixon	0
10	46:10.4	Steve Kux	0
11	46:11.1	Mark Perry	0
12	47:05.7	Jeff Nakasone	0
13	47:08.6	Donald Leopoldo	40+
14	47:13.7	Carl Ellsworth	40+
15	47:19.6	Dave Krupp	0
16	47:50.3	Norm Spitzig	0
17	48:09.7	David Sakugawa	40+
18	48:16.5	Mike Lockett	0
19	48:18.6	Mike McCormack	0
20	48:20.0	Carlos Martinez	0
21	48:28.7	Robin Robinson	0
22	48:33.7	Damien Cucinell	JHS
23	48:37.7	Frank Puguese	0
24	49:39.9	Edward Hamada	0
25	50:02.4	Tom Gaarder	40+
26	50:19.0	Dan Connor	0
27	50:23.7	Rick Kahle	40+
28	50:25.8	Michael Murphy	0
29	50:29.5	Noble Beck	0
30	50:31.8	Tom Smyth	40+
31	50:34.6	Tom Greenwood	N
32	50:35.3	Pat Monick	WO
33	50:40.5	Dwight Ovitt	0
34	50:48.8	Bernard Jacang	40+
35	50:51.1	Edward Kubany	40+
36	51:04.8	Tom Davis	0
37	51:23.2	John Alexander	0
38	51:26.5	Bill Cunningham	40+
39	51:49.7	Rip Courter	0
40	51:52.6	Gilbert Lum	50+
41	52:12.1	Barry Oneto	40+
42	52:29.4	Mike Beal	N
43	52:32.5	Judy Kjelstrom	WO
44	52:39.2	Ron Paik	0
45	52:41.3	Noel Murchie	W40+
46	52:48.9	Helen Dinell	WO
47	53:15.7	Al Bell	0
48	53:30.0	Tom Vanderhout	0
49	53:43.2	Dan Barcia	JHS
50	53:49.5	Connie Delrosario	WO

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## HANG TUFF

Club President DON MUELLER was almost out of the frying pan and into the pot, seeking business in the head-hunting country. Ask him about NEW GUINEA when you see him. Full-page color photo of BROOK THOMAS running alongside Don Kardong in the Nov.-Dec. "Running" magazine during a race at Stanford University. Club Veep DICK HOYER gathering background data for the 13th Oahu Perimeter Relay Feb. 14-15, same week as the Triathlon event at Kona, HAWAII. LEN WALLACH, Western Veep of Road Runners Clubs of America, vacationing here from San Francisco. (He may have left his heart there, but the rest of his body is here). Like all front line runners, BILL BULMER has his aches and pains and will have an x-ray of his hip. (Some non-runners would suggest he x-ray his head). Tentative dates for the next running camp for Mokuleia are

May 29 (Friday through Sunday 31). The 1981 Schedule of Running Events is now available from running outlets, prepared by the Advisory Board for Jogging and Long Distance Running of the Dept. of Parks and Recreation, City and County of Honolulu, Frank Fasi Mayor (but not for long). Note that the AAU Championships are now RRCA, and almost all regular Club races are announced for 7AM instead of 8AM; how's that for daylight savings time?

Former Club Prexy CHUCK GREENLEY sends a picture of himself as Santa with wife STEPHANIE, and chillun' ASHLEY and CHUCK, from Quarters 8, F.E. Warren AFB, Wyoming, 82001. He reports a monster turn of the century home with 5400 square feet and six fireplaces. The Colonel is 90th Strategic Missile Wing Commander, with lots of you-know-what-missiles in Santa's bag. LINDA RIDDLE (HHC EUSA, Claims APO SF 9630) writes on behalf of husband DAVE, the very first editor of HANG TUFF, "We will be running a 17-mile race in Hong Kong over Christmas-It's not the Honolulu Marathon, but it should be very exciting. Still wearing my Camp Hamilton windbreaker. It comes in handy in the frigid Siberian Winds".

MIKE TYMN provides results of the Brooks Masters 25-km race in San Francisco, Nov. 30th. He was 2nd to Jim Bowers, who broke the current mark held by Ken Mueller. Before Mueller, Mike held the old mark at 1:25:46. His second place finish was 1:23:55. Mike writes, "I have come to the conclusion that the weather does make a difference. It was 50 degrees in S.F. and was a fairly tough (hilly) course. My time was almost 2 minutes better than my best at Schofield (1977-1:25:46) and nearly 4 minutes better than my 1980 time at Schofield (1:27:38). Half of the improvement was conditioning, but i'd say the other half was the cool weather." (Ed: Weather made the difference in the Honolulu Marathon-squish squish, slosh slosh. Meteorologist SCOTT BULFINCH briefed JCAK SCAFF, showing satellite photos, and deduced marathon weather would be cloudy and humid. HUMID, you can say that again!).

"When it rains it pours" was an apt description of Pearl Harbor Day, on which the Honolulu Marathon date fell. Marathon week saw many MPRRC members in their shining hour. MIMI BEAMS narrated a television show, while MIKE TYMN was shown charging up a hill, and excerpts from MAX TELFORD'S film. THE MOTLEY CREW and others appeared her and there. Some runners came in right behind each other like SCOTT BULFINCH on the heels of MARK NOZARES. GLENN MASON won the

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Men's Kamaaina award and a free trip to the FLETCHER MARATHON in New Zealand, while HENRY RICHMOND won the men's masters kamaaiana award to MIURA, Japan Half-Marathon in Feb., with NOEL MURCHIE having received the same trip. Among the Marathon plaque winners were KATHY BARCIA, KAREN COURTER, JUNE CUNNINGHAM, TAMMY CARTWRIGHT, CAROL GRANADOS, PATRICIA MONICK, SUSIE BARTELS and JEAN LAPIERRE for the women, and DAMIEN CUCINELL, LANCE WIEBE, DONNELL CARTWRIGHT, GILBERT HICKS and SCOTT HAMILTON representing the men. Japanese drums reverberated at the Annual Party held this year at the Kaimana Beach Hotel, arranged by social chairmen JIM ROSE. Among the guests were, FRANK SHORTER, TED CORBITT, JOCK SEMPLE and KEN with standing room only. JIM MOBERLY provided masterful emceeing. The BARCIA FAMILY had a small video set set with a family film the attracted attention. During the Marathon TOM SMYTH handled Family Team competition and KENT DAVENPORT (DR.) the invited runners. TOM FERGUSON was out placing markers at 0300. Past Club President RON MARKARIAN bounced back to town to Co-Direct the 4th Conference on Race Administration, where MPRRC had representation from the likes of CARL ELLSWORTH, NANCY COURTER, STAN KRANSKY, HAROLD CHAPSON, and TOM SMYTH. BARBARA DUGAN hosted KEN YOUNG of the National Running Center at her home. If you were unhappy with your marathon performance then remember what FRANK FASI said at the presentations, "There's always another race". DON MUELLER announces the CLUB NOMINATIONS COMMITTEE consists of GLENN MASON (Chairman) whose telephone is 836-4760, JIM ROSE 988-4570 and SCOTT BULFINCH 455-4873. The CHUN FAMILY pig is back in the news again, as SOOEY gets a reprieve, as it is not defined as "livestock". BRIAN CLARKE who has a column in HANG TUFF is not supposed to plug his School of Running, so i will mention his next deadline is Jan.31, and his tel. 737-4340. Judging from the stragglers in the Diamond Head race, some may need help. One of the lamest excuses but most charitable acts of mercy was DEBBIE KENNEDY stopping to move an injured bird of the road and finishing no. 243 as a result. JERRY CLARK wants to try and stay in sight of MIKE TYMN. DON LEOPOLDO will try and keep up with some good runners. SMYTH will have one day a week of interval workouts. TONY SEDANO wants to get smarter. JAMES JOHNSTON wants to be "consistent" in all runs. Whats your New Year's resolution? LINDA IBARAKI is looking for volunteers to take over the handling of Club T-Shirts (H; 538-7346).

PAUL DECOURSEY, a top runner a decade ago, turned up for Diamond Head. (503 9th Ave South, Napa, Idaho, 83651). LOU DI SANTO was back in town, and by popular request, here are his addresses: 409 Piccadilly Pl. No. 2, San Bruno, Cal. 94066. Business: AMFAC Hotel and Resorts, 111 South Hill Drive, Brisbane, Ca. 94005.

Among those on injured list is DICK HOYER, who itemizes as follows: Pulled Hamstring Runner's Knee, and Plantar Fascia (for those who know Latin). If there were 240 who registered for Diamond Head, how come 260 finished? Usually it's the other way around. Okay, sleepy heads, remember, all MPRRC races start an hour earlier in 1981 how's that for a waker-upper?

#### KILAUEA HILL RACE

51	54:10.2	David Barnes	O
52	54:16.9	Tom Kennedy	O
53	54:17.8	Rodney Guba	O
54	54:23.4	Grant Manning	N
55	54:32.8	Vernon Ramos	O
56	54:43.0	Clinton Chong	N
57	54:44.4	Karen Courter	W.JHS
58	54:49.1	Rich Chang	O
59	55:02.0	Robert Mumby	O
60	55:15.9	Bill Shanks	O
61	55:25.7	Joseph Sunderland	N
62	55:38.2	Todd Pomazon	O
63	56:11.6	Bob Gardner	40+
64	56:26.5	Ronald Haar	O
65	56:36.4	Rick Ales	N
66	56:36.9	Joe Amend	N
67	56:46.2	Bill Buss	N
68	56:47.9	Peter Estomago	O
69	56:52.1	Debbie Manning	WO
70	56:59.5	Kent Kjelstrom	N
71	57:13.4	Dave Thompson	O
72	57:15.9	David Rarangol	50+
73	57:19.2	Nancy Courter	WO
74	57:24.9	Alex Roth	60+
75	57:37.6	Carol Davis	WO
76	58:05.3	Peter Barcia	40+
77	58:58.8	Ron Wyatt	50+
78	58:42.2	Al Chun	O
79	58:51.3	Jim Branchaud	N
80	59:16.4	June Cunningham	WF
81	59:25.4	David Hastings	JHS
82	59:50.5	Peter Smith	O
83	1:00:05.8	Ed Casey	40+
84	1:00:53.5	Ed Fishman	50+
85	1:00:56.7	David Arakaki	40+
86	1:01:08.2	C.E. Buck Jones	50+
87	1:01:29.1	Christian Hirsiger	O
88	1:01:56.1	Fred Montague	N
89	1:02:18.3	Cynthia Tuttle	WO
90	1:02:58.2	Joe Barcia	F
91	1:03:59.9	Robbie Barnes	JHS
92	1:04:34.6	Gordon Ontai	40+
93	1:04:56.6	Jan Newhart	W50+
94	1:05:14.3	Jerry Richmond	W40+
95	1:06:29.4	Paul Huycke	O
96	1:06:45.5	Rita Gordon	WO
97	1:06:50.5	Lisa Bell	WIS
98	1:07:07.3	Phyllis Byerly	WN
99	1:07:19.0	Gordon Souder	50+
100	1:07:23.9	Beth Kalal	WO
101	1:07:31.5	Brian Voisine	N
102	1:09:02.4	Joan Flynn	W50+
103	1:09:12.1	Charlie Thompson	O
104	1:09:43.6	Wally Gordon	40+
105	1:10:40.0	Laura McMarlin	WHS

**KILAUEA HILL RACE**

106	1:10:48.7	Amy Barcia	WHS
107	1:14:50.5	Mike Rickey	60+
108	1:17:04.8	Hermance Levesque	W40+
109	1:17:23.9	Diane Cohen	W40+
110	1:17:27.5	Pauline Terashima	WO
111	1:19:20.9	Blanche Lum	WO
112	1:19:22.0	Julie Tomomitsu	WO
113	1:19:25.0	Peyton Rowan	40+

**Hawaiian Marathoners  
The 6th Paris International Marathon  
personally escorted by  
Dr. Brook Thomas from**



**\$1,950.00**

Hawaiian Marathoners' Tour 1981 Departure : May 14, 1981-Return May 27, 1981  
Tour Cost (land and air) from \$1,950.00 (the more runners the less the cost) for  
complete information call; or contact DAN TOMPKINS at 262-9292.....

hang tuff con't.

A quick look at the last computer print-out of Club Membership reveals ages for all members except for "Life Members", who are represented by a Zero-Zero (present at creation or infinity symbol, perhaps). There are no ages belonging to Life Members, so perhaps the Lifers belong to the Ages. They are certainly not ageless. Remember that the entry forms for the 13th Oahu Perimeter Relay are now available from Sports Goods Outlets, and the field will be limited to 150 teams, as last year. Let's hope it doesn't rain a downpour!

The first club race of the year brought a duel between DENNIS HANSEN and MIKE TYMN on the ground and between THE RED BARON in the air above Sandy Beach Park. One of the adversaries emitted a smoke screen during a crucial dog-fight, and runners watching the power model planes cheered when the Red Baron crashed into the clover, nose first. MIMI BEAMS, President of the Honolulu Womem Runners, had been upset about the published conflict of the annual women's run and RRCA 20km Championship at Barber's Point, Sunday, Feb. 1, owing to the CAROL KAI Bed Race on their chosen date. The Barber's Point race is now moved to Sunday, Feb. 8. Mimi was bemused by a slip of tongue in her TV presentation. Did she really say women were getting down to 2:30 or 3:30? The women's run shirt design for 1981 is not announced in advance. 1979 featured a rainbow horizontally across the chest while 1980 had a design of black, white, and pink across the (censored). Common to all is the plumeria with the women's logo designed by Nancy Skrimstad.

BARBARA DUGAN is hovering over the stork, not vice-versa, awaiting first grandchild in March. Meanwhile, ex-Pres. DUGAN gives up presidency of race advisory committee for presidency of the Hawaii Water Pollution Control Association. It's out of the mess and into the muck for that silver-buckled ultra-marathoner. Other advisory officers, KARL KAWABATA Aand RENEE YUEN are expected to move up in current elections. Ex-Pres. TOM FERGUSON and wife Doris reported their Alaskan vacation was cold enough, without ski snow on Mount Alaska. DICK HOYER emphasizes all 13th Oahu Perimeter Relay Team entries must be in by Feb. 1, not at team captain's meeting Feb. 8. First entry recieved for the Feb 14-15 classic, limited to 150 teams, was from NO KA OI, the Men's Master' Team captained by RALPH DYKES', who was twice director of that relay. Their team is in no way connected to the NoKaOi Exterminator Co. in the telephone book. Melinda Stoddard Club Sec-Treasurer, says the missing club files were located after being moved around by Central Mini-storage. Handbooks are again available. The new membership year begins June 1, and no pro-rata fees are provided under the computerized membership.

The COURTER FAMILY took all sorts of trophies and plaques in both 1979 and 1980 Honolulu Marathons. Rcently, they were first in Mother-daughter, third in father-son, and first in 12yrs and under (girls)- - which should be a new AAU record. In the State High School Cross-Country at Hawaii Loa College, KATHY BARCIA was second in the Girl's Championship, making the first team All-State. CHRIS COURTER, age 15, took 10th for boy's among 41 teams with 7 runners. Chris is Captain of Mililani High Cross Country Team. KAREN COURTER and LANCE WIEBE, while both are in the same 7th grade homeroom at Trinity Lutheran School in Wahiawa, were co-teatured in SUN PRESS article. Seen wind-sprinting around Camp F.M. Smith (Marine-land) were JERRY CLARKE of Navy and JOE FLANNERY of Marines, who won KMCAS Birthday Run 10km 1st place in 32:33, and beat DENNIS HANSEN in Toys-for-Tots 15km.

HANG TUFF needs news (923-3308)

# Bosetti's Badlands 10-k

1-4-81

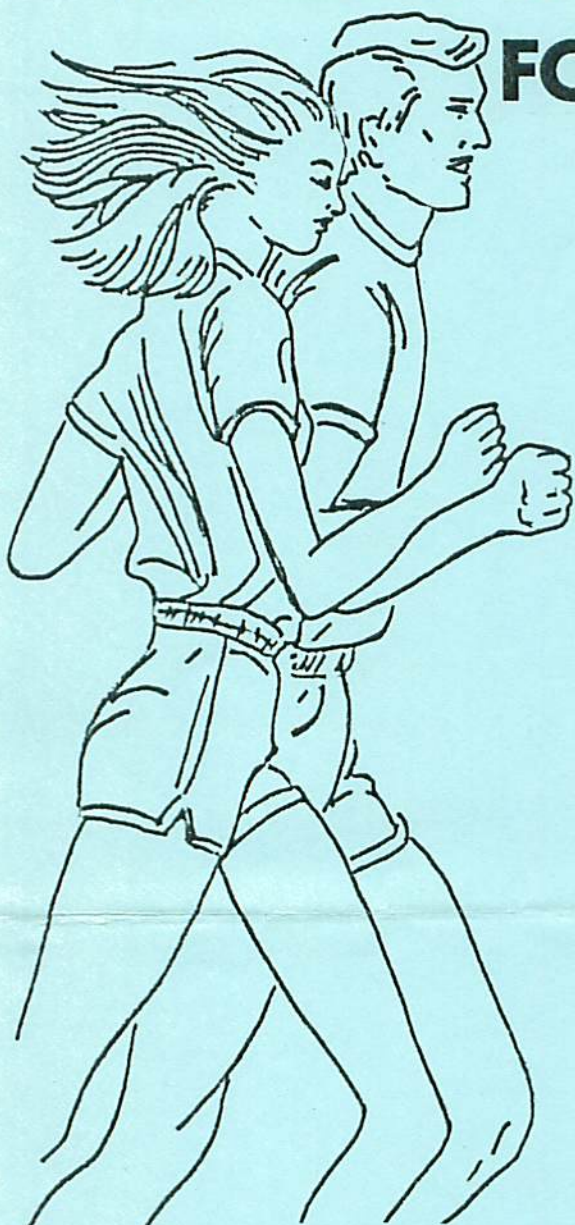
32:54	1	Dennis Hansen	MO	44:34	40	Nancy Courter	WO
33:23	2	Mike Tynn	40+	44:44	41	Ed Casey	40+
35:42	3	Jerry Clark	40+	44:45	42	Jack Karbens	MO
36:10	4	Morgan Edwards	MO	45:21	43	Robert Valle	40+
36:12	5	Greg Wooley	MO	45:23	44	David Rarangol	50+
36:52	6	David Krupp	MO	45:25	45	Marilyn Reis	WO
37:05	7	Jim Fallon	MO	45:29	46	Alex Roth	60+
37:22	8	Larry Axmaker	40+	45:32	47	Lloyd Labasan	MO
37:29	9	Steve Kux	MO	45:41	48	Bob Vierck	40+
37:41	10	Scott Hamilton	50+	45:42	49	Visha Sedolak	WO
37:52	11	Steve Dixon	MO	45:58	50	Ron Wyatt	50+
37:55	12	Don Leopoldo	40+	46:08	51	Al Chun	MO
38:22	13	Carl Ellsworth	40+	46:18	52	Raymond Nishimiya	MHS
38:36	14	Dave Devenot	40+	46:18	53	Sammy Lee	MHS
39:08	15	Brian Clarke	MO	46:23	54	Carol Davis	WO
39:09	16	Tina Heilbron	WO1st	46:56	55	Steve Peterson	MO
39:19	17	Damien Cucinell	JHS	47:10	56	Peter Barcia	40+
39:50	18	Chuck Wall	40+	47:14	57	Kay Tompkins	W40+
39:52	19	Alan Anzai	JHS	47:39	58	Tom Marks	MO
39:58	20	Mike Beal	MO	47:46	59	Lyndon Walton	MO
40:02	21	Jeff Rowley	MO	47:52	60	Sylvia Shim	WHS
40:06	22	Dan Tompkins	40+	48:38	61	Rosie Wall	WO
40:32	23	Tom Smyth	40+	48:50	62	Don Ellwell	JHS
40:49	24	Connie DelRosario	WO	48:51	63	Bruce Ellwell	MO
41:02	25	Bill Cunningham	40+	49:52	64	Rodney Anzai	MO
41:08	26	Tom Davis	MO	51:30	65	Gordon Ontai	40+
42:15	27	Rodney Guba	MO	51:40	66	June Cunningham	WE
42:30	28	Noble Beck	MO	51:30	67	Rieko Nakama	WHS
42:42	29	Fred Chapman	MO	51:57	68	Paul Huycke	MO
42:44	30	Dan Barcia	JHS	51:58	69	Jim Bennett	60+
42:52	31	Russell Aoki	MO	52:57	70	Len Wallach	50+
42:54	32	Jeff Christiansen	MO	53:41	71	Ron McCallum	MO
42:56	33	Rip Courter	MO	53:51	72	Julie Barcia	W40+
43:01	34	Kathy Barcia	WJHS	54:44	73	Laura McMarlin	WHS
43:02	35	Greg Gaydos	MO	55:18	74	Roseann Cunningham	WJHS
43:11	36	Renee Yuen	WO	56:47	75	Sandra Shim	WHS
43:42	37	Robert Mumby	MO	60:22	76	Diane Cohen	W40+
43:58	38	Mimi Beams	WO	63:09	77	Stacey Axmaker	E
44:33	39	Joe Barcia	ME	63:26	78	Amy Barcia	WHS
				63:33	79	Shelley Axmaker	WHS
				64:32	80	Jason Richards	JHS

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228	43:02	Neil Shim	40+	241	45:40	Scott Bulfinch	O
229	43:04	Liz Tam	O	242	45:49	LouAnn Shanahan	W-0
230	43:16	Marcia Tselentis	W-N	243	45:49	Lewis Rauton	50+
231	43:18	Lynn Cruz	W-N	244	45:59	Amy Barcia	W-HS
232	43:57	Linda Myers	W-N	245	45:59	Linda Gallano	W-0
233	43:59	Paula Pascoe	W-N	246	46:08	Ellie Cucinell	W-40+
234	44:21	Lona Wyatt	W-50+	247	46:09	Jerry Cole	N
235	44:35	Rosey Harper	W-N	248	46:14	Millie Bell	W-N
236	44:47	Linda Tracey	W-N	249	46:14	??????????	--
237	45:09	Janine Snyder	W-0	250	46:37	Malia Richmond	W-El em
238	45:16	Larry Duanne	O	251	47:14	Jerry Richmond	40+
239	45:30	Betty Johnson	W-0	252	47:14	Sam Cucinell	40+
240	45:35	Sue Bulfinch	W-0	253	47:25	??????????	--



# OPEN FORUM- TRAINING FOR DISTANCE RUNNING



FEATURING SIX LOCAL RUNNERS:

KEN KUROIWA

BROOKE THOMAS

JOHNNY FAERBER

CINDY DALRYMPLE

DR. CHET NIERENBERG

CAPT. JERRY CLARK

MODERATOR: BRIAN CLARKE

FOR FURTHER INFORMATION CALL: JOYCE SPOEHR 538-7061

**MARCH 10, 1981 7:30 P.M.**  
**MCCOY PAVILION ALA MOANA PARK**

City and County of Honolulu



Dept. of Parks and Recreation

DEPARTMENT OF PARKS AND RECREATION

CITY AND COUNTY OF HONOLULU



**MID-PACIFIC ROAD RUNNERS CLUB**