

Club Elections, April 8
To be (or not to be) Elected:

The 79-80 Club year was a great success due to the efforts of this year's officers and the increasingly growing number of members who are volunteering their ideas and labor to make MPRRC as one of the nation's top running clubs.

To keep the momentum rolling the following have agreed to run for office in '80-81. Elections will be held at the Waikiki Kapahulu Library at 7:30 P.M. April 8, 1980. Remember, additional nominations can be made from the floor.

Nominated for President

Stu Miles



It is certainly no secret that running, as a sport, as a business, as a means of expressing individualism and simply as a form of physical enjoyment, has and is growing at an astounding rate. While these facts tend to make those of us who are actively, and for whatever reason, seriously engaged in running smile, it also explains and portends current and yet to be realized problems which we, the Mid Pacific Roadrunners Club, as a dominant factor on the Oahu scene, must recognize, dissect and effectively deal with.

As we grow in numbers, we also depart further and further from the ideals envisioned by the "purist" runner. We have large numbers of members whose goal is not necessarily a four-minute mile,

or a three-hour marathon, but simply a desire for fun and companionship at whatever pace. We must, in my estimation, accommodate both extremes to the extent that the vast majority of our membership is able to realize their individual objectives. We also, like it or not, have some measure of responsibility to the community that surrounds us. If for no other reason than an inherent obligation to safety and courtesy--and maybe we have a touch of social obligation as well. In any event, if we are to meet our goals and obligations, we must have an organization that is capable of dealing with the problems, before they arrive, effectively and efficiently--which brings me to the punch line; and that is this, I, if chosen as your president, intend to encourage just such an organization, through a strong executive council. The effect being a leadership body, focused squarely on promotion of the interests of the club membership. That doesn't mean that everyone will always be pleased with the council decision, but it does mean that the goals and aspirations of the majority of our members will be realized--and on a continuing, predictable basis.

Nominated for 1st V.P. (Membership / Organization and Awards)

Rimini Bartolini



I joined the Mid-Pacific roadrunners club in 1977 and have always been interested in the club's organization and activities. Since joining I have rarely missed a meeting and have run in the club races regularly. Attending the club sponsored running camp November of 1979 really heightened my desire to become more actively involved in the club which is the reason I am running for 1st Vice President. I feel I can do a good job, because I want to and I am familiar with the way the club does business, having been a participating member for the last 3 years. Vote for me and I shall get the job done.

Jeff Jacobs

Age 29, employed by Amfac Marine Supply (Warehouse Manager).

Have lived in Hawaii for 10 years. Been running and racing in Mid-Pac events for 3 years.

View Mid-Pacific Roadrunners as providing necessary leadership as well as education in and for the running community of Hawaii. The key to the continued success of Mid-Pac and the events which are sponsored or co-sponsored by MPRRC will be the level at which our members are able to take part and offer their time and skills toward a common goal.



Dan Thompkins

After 20 years of traveling around the world, I retired from the Army last September, and opened Runners Windward in

Kailua. I started running in 1968 while stationed on Okinawa an have participated in or organized running groups wherever I was stationed.

I am happy with the club the way it is. I suppose that is why I am willing to serve as a club officer; to put something into the club since I get so much out of it. I like the testing of new ideas such as the running camp, education meetings, and XC trail runs to provide our members with a variety of running related activities. I do not see major or abrupt changes in direction, but a continued testing of the new ideas, and involvement of more members in club activities.

Nominated for 2nd V.P. (Race Administration and Social)

Scott Bulfinch



As a relative new-comer to Oahu, it may seem unusual that I should be seeking a Mid-Pac office. However, since my first marathon, 15 years ago, I have had the experience of road and track running at virtually all levels. and literally coast to coast and across the oceans. Over those years, I have been fortunate enough to have had associations with three fine running clubs: Marin A.C. and Culver City A.C. in California, and Westerly Track Club in Rhode Island, and have run alone in Reyjavik Iceland, with the hordes through Van Cortland Park with the U.S. Naval Academy, and up the Kalayan, Philippines hill climb with the USS Davidson Fun Runners. Finally, in 1980, I have achieved some stability, and am able to offer to give back to long idstance running a little of what I have received over the last 15 years. As a Forecaster with the Naval Western Oceanography Center, I not only have the time to devote to club office, but will provide cool, cloudy days for marathons upon request. Together with my wife Sue, who has organized races with the Navy, I am in a position to devote a measure of time and energy to what is unquestionably the finest local running program that I have seen



Dick Hoyer !

Dick Hoyer, 32, has been nominated for Vice President of Race Administration. During the past year he has directed, or been involved in the administration of several races, among them the Honsport 30/30, the Diamond Head Run, the Perimeter Relays, the Women's 10k, and the Norman K. Tamanaha 15k as Operations Director. Dick has long felt that Mid-Pac was a racing club dedicated to running education, and as Chairman of the Education Committee, saw the establishment of the Running Camp and the Education Series. of which the First Runners Fair and the Second Education Meeting were a part. Among other education projects on the horizon is the Race Directors Seminar, set up to train new race administrators and assistants so that members can more fully participate in the activities of the growing club. Dick's personal running records include a 1979 Honolulu Marathon 2:50:34 and a 34:20 10k.

Nominated for 3rd V.P. (Publicity)

Nancy Courter



Nancy Courter began running 1 1973 as a member of the San Diego Track Club. She has competed in competitive running events in California, New England and Hawaii. She is a winner of the Rhode Island Division of Ocean State Marathon in 1976 and 1977. Nancy has a Master of Arts in Education. She is married with three children and presently working as a real estate agent in Pearlridge.

"My family has participated in. Mid-Pac Club events for the past two years. I advocate the club philosophy and particularly support age group competition. As third Vice President I believe I can make a significant contribution to club activities."



Kathy Wong

As Third Vice President of Mid-Pacific Road Runners Club, I would like to see an increase in the number of social activities. This would promote members becoming better acquainted with one another and allow all to enjoy the comraderie of their fellow runners and families.

I am currently a Captain in the Army, serving with the 25th Infantry Division at Schofield Barracks, as Assistant Public Affairs Officer.

I have been a resident of Hawaii for 13 years, with five of those years spent on the neighbor islands, including my college years in Hilo. Prior to my 1975 graduation from UH (Hilo) in English, I worked in a variety of occupations, to include: airline flight attendant; lifeguard; governess and bartender.

I began running slightly less than two years ago and have been a member of MPRRC the entire time.

Feb. 26 Waikiki Biathlon

"Who's on First?"

Does anyone know who really won the team title this year? First, MPRRC lost it, then we won, and now we lost again, I think. If none of this makes sense to you, ask the Executive Committee to explain what happened. What's certain is the weather was rotten, the jelly fish were stingin', and an extra 200 meters in the water gives the swim-

meters in the water gives the audit				79	Jeff Masumoto	37:10			167		43:57		
meters in the water gives the swim-				80		37:14			168	,	44:06		
mers an edge.						37:19			169		44:11	20-29	
					81		37:34			170	Julie Masamoto	44:12	under 20
					82		37:40)	171	Reny Pili	44:44	20-29
					83		37:45		20	172	David Pang	45:02	
					84		37:53	under	20	173		45:02	
					85	Gregory Muramoto	37:59	20-29)	174		45:04	40-49
					86	Tina DeJesus	38:03	20-29	,	175		45:04	
					87	Ed Pollock	38:04			176			under 20
					88	Michael Scott	38:07	20-29		177		45:14	20-29
1	Bill Goding	27:05	20-29)	89		38:08			178		45:18	30-39
2	Chris Moore	27:57	under	20	90		38:14	20-29		179		45:19	20-29
3	Jonathan Ezen	27:58	20-29)	91	,	38:16	30-39		-		45:29	30-39
4	Brad Haller	28"15	under	20	92		38:25			180		45:31	under 20
5	Dennis Hansen	28:43	20-29		93			under		181		45:41	20-2 9
6	John Wilcox	28:52	30-39		94		38:27	20-29		182	London Witchtto	46:00	30-39
7	Ian Emberson	29:14	20-29		95	,801011		40-49		183	99 MICCHI	46:05	20-29
8	Doug Rice	29:37					38:31	20-29		184		46:31	
9	Jimmy Dean	29:46			96		38:32			185	Sue Stagner	46:34	20-29
10	Mark Cunningham		20 20		97		38:33	20-29		186	Albert Kam	46:54	20-29
11	Dave Hefferman	29:49	20-29		98		38:35	60+		187	Christa Obara	47:00	40-49
12		30:04	under		99		38:36			188	Catherine Enomoto	47:25	30-39
	Bob Justman	30:05	30-39		100	John O'Dwyer	38:41			189	Lee Halverson	47:33	
13	Thurston Hillen	30:07			101	Lance Frigard	38:47	under	20	190	John Cotham	47:39	30-39
14	Kaili Chun	30:08	under		102		38:56			191	Dennis Shortland		20-29
15	Clifford Yee	30:10	under	20	103		38:77	20-29		192	Unknown	47:41	40-49
16	Don Mueller	30:15	30-39		104			30-39		193	Shelley Choy	47:47	
17	Shigeru Pablia	30:44	40-49		105		39:18	under		194		47:52	
18	Chad Harrison	30:54	20-29		106		39:21	30-39	20	195	Unknown	48:04	
19	Richard Merritt	31:04	30-39		107		39:28				Joe Cucinell	48:13	
20	Gary onuma	31:10			108			20-29	20	196	Nancy Courter	48:17	30~39
21	Paul Eveloff	31:15	30-39		109		39:46	under	20	197	Ann Hansen	48:24	30~39
22	Steve Kux	31:20	30-39		110	Jeff Rowley	39:50			198	Susan Rapson	48:24	30-39
23	Frank Mento	31:40	20-29				39:51			199	Sally Drake	48:34	40-49
24	John Kino	31:41			111	Clyde Uchida	39:52			200	Joni Matsumoto	48:40	under 20
25	Bill Ingram		20-29		112	-,	39:53	20-29		201	Al Vanderbush	48:53	40-49
26	Richard Goodale	31:50			113	John Balfour	39:54	40-49		202	Michael Toyofuku	48:55	10 45
27		32:07			114	Brad Moore	39:54	under	20	203	Wia Corbett	48:55	50-59
41	Klaus Van Der				115	Tom Henke	39:59	20-29		204	Cassie Senner	48:59	
20	Leeden	32:14			116	Leo Roberts	40:02	50-59		205	Garrett Iha	49:01	under 20
28	Greg Garcia	32:22			117	John Barcia	40:05	under	20	206	Donna Hicks		under 20
29	Fred Trask	32:29	50-59		118	Ricky Muramoto	40:05			207	Steve Sanders	49:09	30-39
30		32:38	30-39		119	Larry Richardson	40:05	30-39		208		49:25	20-29
31	Van Corum	32:40	40-49		120	William Vogt	40:05			209	James Richmond	49:26	under 20
32	Michael Lockett	32:41	20-29		121	Russ Harris		40-49		210	Tang Harris	49:27	30-39
33	Norma Santiago	32:48	under	20	122	Debbie Clendenin	40:10	40-49			John Wiener	49:31	20-29
34	Tim Dougherty	32:50	20-29		123		40:13	20-29		211	David Linker	49:40	20-29
35	Archie Hapai	32:53	30-39		124	Jerry Richmond	40:21	40-49		212	Gerry Senner	49:52	40-49
36	Richard Cowan	32:58	••		125	Mike Chun	40:27	30-39		213	Aoi Wright	49:54	under 20
37	Steve Clendinen	32:59				Gar C.K. Andersen	40:29	40-49		214	Lynn Vogt	49:50	30-39
38	Gen linuma	32:59	30-39		126	Angela Wilcox	40:39	under	20	215	Sheri Uyemura	50:06	under 20
39	Jack Williams	33:03	20-29		127	Danny Barcia	40:45	under	20	216	Jamie McMarlin	50:30	under 20
40	Mike Shea	33:14			128	Judy Brown	40:54	30-39		217	Hans Schang	50:55	40-49
41	Clay Hutchinson		30-39		129	Amy Feliciano	40:57	20-29		218	David Barnes	50:57	40-49
42	Stein Rafto	33:30	20-29		130	Peter Napoleon	41:00	20-29		219	Unknown		
43	Rocky Higgins	33:32	20 20		131	Rip Courter	41:01	30-39		220	Julie Barcia	50:59	under 20
44		33:35	30-39		132	Clay Harrison	41:08	50-59		221	Robbie Barnes	51:00	under 20
45	Alan Price	33:39	40-49		133	Laura McMarlin	41:08	under 2	20	222	Owen Iha	51:01	40-49
	Marianne Tufteland	33:41			134	Andy McMarlin	41:11	under 2		223	Kim McDonald	51:12	20-29
46	Kirk Beckwith	33:50			135	Cindy Nakamura	41:11	20-29		224	Robert Braig	51:20	30-39
47	Steve Dilley	33:47	30-39		136	Amy Barcia	41:15	under 2	20	225	Pat Couvillon		
48	Bruce Olivena	33:50	20-29		137	Barry Oneto	41:21	40-49			Jodi Nakai	51:23	20-29
49	Gary Helm	34:09	20-29		138	JoAnn Sinai	41:24				John Anderson	51:24	under 20
	Troy Hays	34:12	20-29			Natalie Mahoney	41:24	20-29 40-49			Tom Coyne	51:27	30-37
	Wayne Fernandez	34:16				Alan Fukutani	41:26	40-49 20-20				51:40	20-29
52	Ralph Yawata	34:26	20-29			Fred Bail		20-29			Unknown	51:41	20-29
53	Dave Fleischman	34:35	20-29			Unknown	41:29	30-39			Wendell Martin	51:42	20-29
54	Tom Daniel	34:36	20-29			Keoni Wilcox	41:35		_		Dayna Ann Mendonca	51:42	under 20
55	Dick Green	34:40	20-29			Steve Rudolph	41:38	under 2	Ü		Jon Haig	52:05	40-49
56	Andy Gresham	34:41	under	20		Tom Vinhasa	41:51	30-39			Kay M. Harrison	52:15	50-59
	Vincent Au	34:42	under			Chris Downey	41:56	20-29	_		Ilona Mendonca	52:20	30-39
				- -	0	One 13 Downey	41:57	under 2	Ö		Lisa Grooms	52:33	under 20
										236	Molly Stevens	52:34	under 20

Jim Alderson

60 / Mark Crawford

Dave Ion

Carl Kawauchi

Laredo Aluredo

Michael Lorne

Morgan Edwards

Lester Kodama

Peter Rosti

Dean Otagaki

David Toponce

Richard Dotter

Thomas Cashman

Jean Weining

Karen Courter

Sarah Horton

Dean Liskin

Unknown

Alexis Friedman

Steve Kawelo

Noble Beck

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under 20

under 20

under 20

Cindy Sumera

Jay Feldman

Milan Marich

Samuel A. Wong

Carin Vanderbush

Thomas L. Limm

Eve Anderson

Palmer Lawson

Steve Nagano

Leona Ouinn

Bill Stevens

Esmund Chung

S. Taniguchi

Frank Nacino

W. W. Paty

Greg Gaydos

Peter Tong

Tim Miller

Dave Deka

Paul Apo

L. Hall

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50-59

40-49

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20-29

under 20

237	Cherly Lynn Wong	53:05	under 2
238	Alex Roth	53:18	60+
	Bob Declereck	54:52	
239	Wally Laury	55:24	60+
240	Hinano Akaka	55:39	40-49
241	William Walsh	57:35	60+
242	Jennifer Lee	58:15	30-39
243	Lorraine String-	501-5	
244		60:49	40-49
	fellow	62:20	40-49
245	Joanne Price	65:59	30-39
246	Sonny Wright	76:22	60+
247	George Fox	10:22	UUT

Circle These Dates

April 6	N.T. Tomanaha 15Km 7 AM MPRRC
13	Honolulu Symphony
	Benefit Fun Run 4M 8 AM
26	Wahiawa Pineapple
May 11	Run 7M Wheeler-Schofield
May 11	Trail's End 19Km
	MPRRC
24-25	Primo Relays and
	Ultra Marathons
June 7	Kam Day 4.2M
é 8	Lanikai Bike path 5M
	MPPRC



Help Wanted

Putting out Hang Tuff requires more time than I can put in by myself. And yet, I know there is so much more that can be put in the newsletter that's interesting to MPRRC members. If you are interested in writing articles for Hang Tuff, call me at 521-1834, or more importantly if you can volunteer two hours a month to help type up articles give me a call, too.

Don Mueller Editor, Hang Tuff

THE RAINS CAME for the Biathlon, but they wanted to get It could have wet anyhow. poured February 16-17, making Kaena Point more of a challenge. As you know, the RADFORD teams were not entered in time. but a mixed team ran unofficially anyhow. Rule of thumb is in the 140 you must overtake a team by Pearl Harbor to keep them caught, but, but TANTALUS **MARATHONERS** RED CAMP SMITH MARINES were battling still at Aloha Tower. The AWARDS CEREMONY at McCoy Pavilion 26 February was packed to capacity, since every team participant who finished received an award, however tiny. If the 140 was like lemmings on land, the Biathlon was like lemmings running into the sea, with a cloudburst to cool the runner's ardor for the icy plunge. One of the best answers yet was GLENN MASON, who quipped, "I need deltoids". The annual Stride n' Slosh between the MPRRC and Waikiki Swim Club was livened by Portugese Persons of War that stung her and was helped by him.

Hang Tuff

Some of the runners emerging from the water may have wished they were more closely related to the Coelacanth of the Devonian era, with stumpy paired fins, the precursors of the limbs of fourfooted animals. There were cursors all right. The lead swimmers looked decked out for the English The somewhat hairy Channel. runners had not shaved their bodies for the occasion and a few were spotted walking in the water, as it was faster for them than swimming. Let us remember that a typical fish is torpedoshaped, with a head containing a brain and sensory organs, a trunk with a muscular wall surrounding a cavity containing the internal organs, and a muscular post-anal tail. Does this describe DENNIS

GLENN MASON. HANSEN. STEIN RAFTO, DON MUELLER, GIOVANNI BARTOLINI, PAUL EVELOFF, or the other Swim-Runners (or more appropriately, Run-Swimmers)? RON MAR-KARIAN was lectured by an outlooker for staging the event during Kona Winds. DICK SUTTON as timer jumped into his car at Magic Island hoping to beat the lead swimmer to the finish line. LINDA and CASEY IBARAKI say the Biathlon T-Shirts sold (Maybe because out fast. competitors needed dry clothing?)

IIM PRESS writes from the Philippine Islands that running is fine in the dry season and compared to a year ago, many Filipinos are jogging in the aftermath of DR. WAGNER's P.I.-style marathon clinic. GIOVANNI BARTO-LINI has a date April 13 at the Sr. Olympic Marathon, Irvine, CA. Running friends said ALOHA to LOU DISANTO founder of the IRISH STEW RELAY, as he enplaned for San Francisco. Replacing STEIN RAFTO for the Honolulu Marathon 1st Kamaaina Award trip to the Fletcher, N.Z. Marathon will be BOB MUMPER. STEVE PAIK seen among Olympic Torch Bearers at dramatic Lake Placid finale. SCOTT BULFINCH will direct Schofield 57-Miler and 50-mile race, now that permission is granted by Army.

Scott Hamilton 923-3308



Former XC All- American Wins

FIRST and LAST in the UPS and DOWNS of Mid-Pac Institute XC Course were BROOK THOMAS of University Hawaii English Department, and GEORGE FOX (no relation to Club Secretary), going strong at age 78, going on 79, who received a special medal, in 102nd place. Race Director **IOHNNY FAERBER modified** the course and no one complained of being lost on the course for a change. Of course, the metal hurdle was there but stomped in by some irate runner earlier. Runners still had a choice of the steep steps (crowded) or scrambling up the slope (uncrowded). More than one star runner pulled out of the race before it was over. BROOK THOMAS was so excited . reading in French his latest article in Spiridon Magazine that he had to be nudged when his name was called. Family runners were out in force; such as Motley MILERS Courter and CREW (Oops. reverse that). Those Barcias passed around some donuts to some hungry runners.

ı	Brook Thomas 18	: 49	0
2	John Johnson 19	: 32	0
3	Stein Rafto 19	: 38	0
4	Jim Barahal 19	:55	0
5	Don Mueller 20	:04	
6	James Johnson 20	:12	0
7	Paul Eveloff 20	: 30	0
8	David Lieunten 21	:00	0
9	Frank Mento 21	:08	0
10	Peter Napoleon 21	:11:3	0
11	Scott Bulfinch 21	:11:7	0
12	Johnny Faerbek 21	:19	40+
13	Mike LaPierre 21	:41	40+
14	Frank Pugliese 21	:42	0
15	Mark Perry 21	:49	0
16	Dick Asato 22	:01	0
17	Ken Forbes 22	:04	0
18	Shawn O'Brien 22	:04:3	0
19	Rick Pulume 22	:05	.0
20	Craig Bartlett 22	:05:6	0
21		:07	0
22	Gordy Sims 22	:09	0
23		:13	0
24	Mark Uyehara 22	:48	0
25	Larry Buckner 22	:53	0

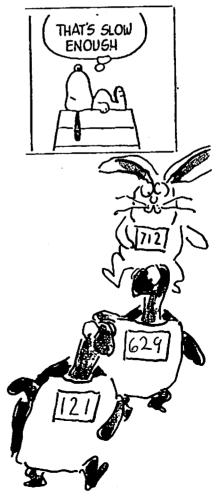
101	George Fox	50:34	60+
100	Hans Schang, Sr.	42:53	40+
98	Julie Barcia	38:11:6	
99	Hans Schang, Jr.	38:12:0	
96	Vincent Schang	38:03:7	HSW
97	May Schang	38:07:2	
95	Ella Schang	34:23:0	JHS
93	Reynold Lee	34:04:2	
94	Deborah Sinke	34:13:3	
91	Hank Prohm	33:08:9	EW
92	Jenny Schang	33:09:2	
90	Natalie Mahoney	33:08:3	40+
88	Janie Rodriguez	33:04:5	
89	Pat Davis	33:06:8	
87	Ben Prohm	32:50:6	E
85	Dale Roe	31:57:0	
86	Doug Kalal	32:07:1	
83	Laura McMarlin	31:13:8	E
84	Jamie McMarlin	31:48:8	
82	Bill Southood	31:09:9	40+
80	Andy McMarlin	30:26:5	
81	Joe Leonardo	30:52:9	
79	Amy Barcia	29:47:5	JHS
77	Robbie Barnes	29:26:4	
78	Glen Cunningham	29:38:0	
75	June Cunningham	29:16:0	40+
76	Ron Markarian	29:22:1	
74	Rosanne Cunningham	29:14:6	EW
72	David Barnes	29:14:0	
73	Joe Mastrantonio	29:14:6	
70	Pete Barcia	28:01:3	JHS
71	Billy Cunningham	28:41:4	
69	Judy Brown	27:47:5	OM
67	James Campbell	27:13:4	HS
68	Lloyd Souza	27:21:7	J
66	Jim Moberly	27:10:4	40+
64	Geoff Taylor	26:54:9	
65	Alex Roth	27:01:8	
63	Steve Dixon	26:43:7	0
61	Dave Rarangol	26:40:6	50+
62	Lee Halverson	26:42:6	0
59	Kenneth Framc	26:35:2	
60	Renee Yuen	26:35:5	
58	Barry Oneto	26:31:1	40+
56	Leonard Jaber	26:21:1	
57	Mimi Beams	26:24:5	
55	John Cogan	26:19:9	0
53	Nancy Courter	26:11:3	OW
54	Rip Courter	26:11:8	
51	Richard Wagner	26:02:8	
52	Joe Barcia	26:08:0	
50	Karen Courter	26:00:4	EW
48	James Grogan	25:51:0	HS
49	Tom Smith	25:56:9	
46	Dan Barcia	25:61:7	
47	Robert Mumby	25:42:9	
45	John Kreag	25:10:0	0
43	Vernon Ramos	24:55:8	0
44	Carl Kawauchi	25:04:8	
41	Kathy Barcia	24:37:1	
42	Bo Bogema	24:46:0	
40	John Barcia	24:37:4	HS
38	Ray Parker	24:32:1	
39	Bill Yuen	24:34:9	
36	Bill Cunningham	24:27:8	
37	Candy Weise	24:31:3	
35	Palmer Lawson	24:23:3	0
33	Tom Powers	24:12:4	
34	Frank Bushakra	24:21:0	
31	Chris Courter	24:01:7	HS
32	Jeff Rowley		O
30	Steve Dilley	23:56:4	J
28	Rick Kahle	23:13	40+
29	Noble Beck	23:36	0
26	Scott Hamilton	22:55:3	50+
27	Bob Gardner	23:00	0
26	Coott Hamilton	22,55.2	50.

NUTS By CHARLES SCHULZ









MPRRC - KAHI HOLO

Second Running Camp Camp Kailani, Kailua Fri. Eve. — Sun. April 18,19,20

Due to the success of MPRRC's first running camp at Paumalu, a second camp is planned for the third weekend in April at Camp Kailani on the beach in Kailua. The planned cost for this weekend running experience including lodging and all meals is \$30. The camp facilites include cabins, dining hall,

fireplace, a large recreation area, ample restrooms and showers, and even a piano. A very active and educational weekend is planned that will include; outstanding guest speakers, an excellent coaching staff, an optional blood chemistry work-up and evaluation, special events and of course—enough running for all.

Only 45 MPRRC members plus the staff, coaches, and guest speakers will be able to attend, so reserve your place now by mailing in your camp fee and completed form below. For additional details call Chuck Wall (261-8339 home/work 471-9069) or Sharon Colon (home 261-3447/work 262-6961).

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

MPRRC KAHI HOLO 650 N. Kainalu Dr. Kailua, Hi. 96734

Name

Age

Sex

Address

Home Phone

Business Phone

Do you wish to have a blood chemistry done?

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

> S. Harp 933 Moreell Dr Honolulu, HI 96818

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