

















nners log



December

7 (Sun) Honolulu Marathon Diamond Head 5M 28 (Sun)

MPRRC 8:00am

January 81

4 (Sun) Bosetti Badlands

IOK MRRRC

new time 7:00 am

Kilauea Hill 8M 18(Sun)

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 U.S. Postage Paid Permit No. 367 Honolulu, HI.

STUART K. HARP 933 MOREELL DR. 96818 HONOLULU, HI. DEDORT DATE 11/26/90 00725

8

The Coach's Corner

By Brian Clarke
RESISTANCE.

The day after the 1979 Honolulu Marathon, second place finisher, Frank Shorter, took a recovery jog around Diamond Head. He was obviously hurting from the previous day's effort. " I couldn't go much faster than I'm going right now," he said to the person jogging "Actually, with him. people realize that, in order to maintain a quota of training mileage I quite often have to jog a ten miler at this pace." It was a slow pace indeed-about half as fast as his marathon pace of the day before; and his jogging partner knew at once that Shorter had to be very much in tune with the resistance of his

Resistance: up one day and down the next. Experienced runners are able to feel the wavelike quality of resistance. Peaks and valleys are recognized by noting the physical sensations associated with them. When resistance to the stress of running is high, the runner feels strong, quick and eager; and when ones ability to withstand the stress of running is low, the runner feels sluggish, irritable, and sore. Because they run so frequently, some runners become adept at distinguishing the subtle dations of feeling which flow between the high and low extreems of resistance. This flow of feeling moves constantly with the runner expressing itself most vividly during a run as an adjunct to energy.

Hidden from view, on the other side of what the runner feels as resistance, are the complex metabolic processes by which food energy is transformed in the cells of the body. When a proper combination of food is ingested; when a sufficient quantity of hormones and enzymes are available to light the fires of oxidation and glycolysis; in short

when energy is available for the contraction of muscles, then resistance seems to recede from the push of effort-lifted, in a sense, by a force of its own. The runner feels a surge of relaxed forward motion. Eventually, however, as the runner reaches the limits of resistance, the flow of chemical energy becomes inadequate to sustain the effort. At this point, the runner encounters resistance as a restricting force. The more effort applied, the greater the resistance to it. and the runner feels progressively mired in a quag of heavy legged-

As long as running stops before effort reaches the further limits of ability, the opposing forces of effort and resistance need not conflict. One may view them as acting upon separate phases of a single wave of resistance. In its first phase, the wave is set in upward motion by the effort of a run. The stronger the runner feels, the higher the wave rises in response to effort. After the workout, a second phase develops. This is characterized by a sudden drop in resistance as contracting forces within the body act to compensate for the recent output of energy. The higher the effort-induced rise in resistance during the run, the more precipitous the subsequent drop, and, with it, the feelings associated with a drop in resistance. Finally, a recovery phase begins as the body works to replenish its stores of energy and repair damaged tissues. Generally, the lower the post-workout level of resistance, the longer the recovery period.

While resistance is yet at a low, recovery level, a hard running effort may still serve to trigger the elevating response which increases resistance to the stress of running. However, if the begining level of resistance is lower than that of the previous run, it takes more effort to achieve the same performance level; and compensation later works to drive resistance to new lows.

In our school of running, we generally follow the principle that restful, easy running minimizes the downward thrust of resistance at a time when it would be particlarly damaging to train hard. For hard-efforts raise body metabolism considera bly above the easy-effort rate and, therby, cause a greater contracting force. Energy wanes and, with it, goes performance and the feeling associated with the proverbial runner's high. Given adequate amount of however. the body creates another force which restructures cellular activity and makes it better able to cope with the stress of future running efforts. This is the force of adaptation, the payoff which makes proressive training efforts possible.

Hard wokouts are like pillars of effort which support a highly adapted running ability. When those pillars are removed, the high road of resistance collapses, and the runner reverts to a level more in keeping with an easy effort life style. On the other hand, it is a mistake to believe that adaptation inevitably results from the frequent application of hard-effort workouts. Experience indicates that, for the most part, the elevating results of effort are counteracted by the downward forces of resistance. Adaptation develops by small increments and much thought. In this regard, reading the body means being able to time hard and easy efforts to coincide with the dynamic movements of resistance. In other words, our power over effort is illusory since adaptation presumes a delicate process of using effort and rest to inderectly "bounce" resistance to progressively higher levels.

A VERY MERRY CHRISTMAL

ani a HAPPY NEW YEAR *

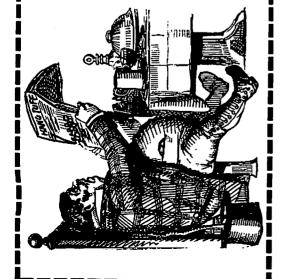
PRATIMISANA BREACH MOTHE CARBO-LOADING PARTY

Carbo-Loading Party All MPRRC Members admitted at no charge guests 5.00 Dollars at the door.

uesus 3.00 bollars at the door. tarts at 6:30 pm ome and join all in a great dinn 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 muilti-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 complefree of possible explosives. He had nine days of camp out wo: 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 communnity 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? 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



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 benifit 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.

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 Have you seen all those brand new color cohis wife in running. ordinated 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 underwritting 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 manuvers 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.

Moanalua-Tripler 10K Run Nov. 9,1980 OPEN DIVISION MEN

OPEN DIVISION MEN	
1 Sam Rojas	<i>35:57.7</i>
2 Mark Perry	36:50.6
3 Ed Kobayashi	36:27.4
4 Tony Sedono	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	33.00.0
1 Lori DeClerg	38:53.8
2 Becky Russell	40:34.5
3 Connie Del Rosario	41:10.8
	41:46.9
4 Mary Ann Higa	
5 Jamie Downey	45:30.8
MASTERS MEN 40+	
-	36:27.9
1 Larry Axmaker	37:14.4
2 Don Leopido	
3 Gordon Dugan	39:05.2
4 Bernard Jacang	39:50.1
5 Bill Cunningham	40:12.8
WOMEN 40+	(0.04.6
1 Noel Murchie	42:01.6
2 Julie Barcia	<i>52:55.6</i>
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 Barcia	38:44.4
3 Peter Ebel	<i>39:02.7</i>
JUNIOR HIGH WOMEN	
1 Kathy Barcia	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 Barcia	41:39.4
3 Peter Cucune	47:21.1
FEMALE ELEMETARY	
1 Iune Cunningham	49:26.1
HIGH SCHOOL FEMALE	
1 Amy Barcia	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 7tl

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 (formerlyAAU) 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 amateurstatus.

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 organizitions, 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

	ڪَ ڪَ			
	1	1:26:50	Dennis Hansen	0
	2	1:27:52	Mike Tymn	40+
	3	1:31:59	Robert Johns	HS
	4	1:32:49	Charles Woods	0
	5	1:33:31	Glenn Mason	0
	6	1:34:29	Scott Bulfinch	Ö
	7	1:34:59	Mike La Pierre	40+
	3	1:36:27	Kent Davenport	0
	9	1:37:29	Sam Rojas	0
	10	1:38:05	Ken Hablutzel	0
	11	1:38:18	Dennis Enestrom	0
	12	1:39:01	? Obrien	0
	13	1:39:11	Don Leopoldo	40+
	14	1:39:46	Mark Perry	0
	15	1:40:14	Henry Richmond	40+
	16	1:40:14	Gordon Dugan	40+
	17	1:41:13	Spencer Chapman	0
	18	1:41:15	Dick Asato	0
	19	1:41:16	?	0
	20	unof	Bob Hoffman	U
	21	1:42:46	Bob Flath	0
	22	1:42:40	Phil Godfry	0
	23	1:43:02	?	-
	24	1:43:23	Wille Meulemans	0
	25	1:43:33	Tom Gaardner	40+0
	26	1:43:33	Tim Roberts	0
	27	1:43:26 1:43:45	Tom Early	0
	28	1:46:00		0
	29	1:46:23	Edwin Hoag	0
	30	1:46:23	Larry Smith	0
	31	1:46:24	Robert Hearn	
	32	1:46:53	Marich Milan	50+
	33	1:48:57	Joni Pagala	WO
ļ	34	1:49;05	Bill Cunningham	50+
	35	1:49;03	Daius Amjadi	50+
	36	1:50:08	Damien Cuchinel	HS
	37	1:50:08	George Ishiki	JHS
	38	1:50:15	Douglas Schramel	60+
	39	1:50:56	Carol Granados	
	40	1:50:50	Geoffrey Taylor	WO
	41	1:51:12	Bernard Jacang	0 40+
Ì	42	1:51:25	Marshall Dressel	
ĺ	43	1:51:42	Tom Smyth	40+
l	44	1:51:42	Noel Murchie	40+ W40+
ĺ	45	1:51:43	Barry Pickering	W4U+ O
	46	1:51:57	Barry Klien	9
Ì	47	1:51:56	Bill Miller	И
	48	L:54:10	Jim Corbin	
	49		Rick Chang	N O
l	50	1:56:39	Carl Kawauchi	0
l l		1.30:33	Cail Nawauciii	·

51	1:57:14	Lance Wiebe	JHS
52	1:57:27	Tom Burnett	40+
53	1:57:35	Peter Rapplsline	0
54	1:58:30	?	-
55	1:58:38	?	
56	1:58:44	Ron Lynch	0
57	1:59:31	Judy Kseltrom	WO
58	2:00:14	Kieth Allen	0
59	2:01:14	Pat Kenworthy	Ō
60	2:01:18	John Cotham	N
61	2:01:38	Al Chun	0
62	2:01:38	? Torres	0
63	2:01:53	?	_
		-	
64	2:01:58	Dave Hastings	E
65	2:02:02	Bev Haugh	WO
66	2:02:45	Al Periz	N
67	2:02:45	Dan Barcia	JHS
68	2:04:58	Connie DelRosario	WO
69	2:06:15	Ray Dotson	0
70	2:06:30	David Rarangol	50+
71	2:07:17	Nancy Backes	WO
72	2:08:44	Nancy Courter	WO
73	2:09:12	William Hughes	0
74	2:09:17	Karen Courter	WJHS
75	2:09:37	Buck Jones	50+
76	2:10:44	Kent Ksjelstrom	M
77	2:10:52	June Cunningham	WE
78	2:11:20	Mel Drisco	
79	2:12:24	John Kelleher	40+
			Ŋ
80	2:12:37	Ralph Mason	F1
81	2:12:53	Sig Ramler	50+
82	2:13:56	John Shoemaker	HS
83	2:15:45	Billy Cunningham	WJHS
84	2:16:02	Norman Boroughs sr	J .
85	2:16:02	Norman Boroughs jr	- N
86	2:16:27	Buzzy Klien	JHS
87	2:16:44	Richard Shimuzu	0
88	2:16:44	Mori Shiriox	WO
89	2:17:09	Johm Hawkins	N
90	2:17:45	Betty Nakasone	W40+
91	2:18:15	•	
92	2:21:17	James Godfry jr.	50+
93	2:22:20	Beth Kalal	WO
94	2:24:07	unof	-
95	2:25:09	Charles Prentiss	40+
96.	2:25:49	Jim Brakhand	N
97	2:29:04	Sam Barth	50+
98	2:29:17	William Jones	Ó
99	2:29:31	Mary Birch	WO
	2:34:40	Paul Hucke	0
	2:36:36	Maryann Mcleod	WO
	2:36:36	Cinthia Tuttle	WO
	2:36:27	Diane Cohen	WN
	2:43:35	Glenn Cunningham	JHS WO
	2:48:36		WO
	2:48:37		WO
107	2:48:38	Ellie Cucinell	W40+