



Welcome to the Big Island Road Runners Club Quarterly Newsletter

JANUARY 2007

Message from the President

Wayne 'Big Dog' Joseph

Happy New Year - Thank you for electing me to serve as your club president for another year. I have been involved with the Big Island Road Runners Club for over 15 years serving in a variety of capacities.

It is with great pleasure that I serve as your club president, but it must be noted that people like Dano Banks, Randee Arkin and Rick Camp make my duties that much easier. I have been a runner for many years and never realized what went on behind the scenes until I took a leadership role. It is difficult to image how much work goes into putting on a race until you assume the leadership position. We often take for granted all the things that make running in a race fun and we often fail to thank the volunteers that made it all possible.

The end of 2006 has seen me retire from the classroom after 30 plus years working for the Department of Education. In retirement I hope to spend more time doing the things I truly enjoy doing with running at the top of my list. I hope to run more, do more races and hopefully return to do the Boston Marathon as a 60-year-old runner. I have also

taken a more active role in County government having served as the Vice Chair on the Cost of Government Commission and currently serving as the Chairman of the Board of Ethics. I have taken on the responsibility of hosting both the Big Island International Marathon in March and will be the race director of the Kilauea Volcano Marathon in July. I will continue to write my weekly column, "Running with the Big Dog," in the hopes that I can spread the word of health and fitness through running and walking activities.

I will also continue coaching cross-country and track & field at Waiakea High School, and encourage young people to stay active through sports participation. Running has become a major part of my life over the years and I am blessed with an abundance of "harrier" friends. Thank you all for your continued support of your running club.

May you all enjoy the benefits of running and walking, and may the New Year bring you good health and happiness.

BIG DOG

Call for Members

This is the first newsletter of 2007—Happy New Year. We have Fun and official races scheduled monthly (below), and DJ and David's contribution to Runners' Review (pages 3 & 4) where they compare the Big Island International and Maui marathons will get everyone motivated.

Wayne returns as the 2007 BIRRC President, along with wearing many other community benefiting hats. Placing one foot in front of the other completes each run, and many hands joining together make each Club event a success. The Club needs a member to step up to the line and serve as the Hilo To Volcano Race Director. Please contact Wayne 'Big Dog' Joseph at 969-7400 to become the H-T-V Race Director.

We invite new members to join and remind our regular members to renew their membership. Annual dues, from January through December, are just \$10 per individual and \$5 for each additional family member. You may pick up a form at our next event, or online at <www.bigislandroadrunners.org>.

Big Island Road Runners Club

2007 RACE SCHEDULE

Saturday, January 20 – Hilo to Volcano Ultra marathon and Relay Races, Coconut Island 6am ultra start, 6:35am relay start**

Saturday, February 17 – Valentine Day Run 5K, Coconut Island, 7:30am*

Friday, March 16 – 'Friendship Run' 5K, Coconut Island, 5pm*

Sunday, March 18 – Big Island International Marathon & 10.8-miler, 6am

Friday, April 6 – Emily Wedeman Memorial 5-miler, Coconut Island, 5pm*

Saturday, June 2 – Scholarship 5K, Coconut Island, 7 am*

Saturday, July 28 – Volcano Marathon & Rim Runs starting at 6am

Saturday, August 25 – Warrior 3-miler, Waiakea High School, 8am

Sunday, September 9 – Hilo Bay 5 & 10K, Coconut Island, 7:30am**

Sunday, October 28 – Spook the Drugs III, 5K run & 3K walk, Coconut Island, 8am**

Sunday, November 25 – Post Thanksgiving 5K, Coconut Island, 7:30am*

Sunday, December 16 – End-Of-The-Year-Run 2 & 4-miles, Richardson Beach, 8am*

*BIRRC 'Fun Run' events are free to members & \$2 for non-members

**BIRRC sponsored 'official' race – T-shirts, awards, entry fee & discount to members.

For more information concerning any BIRRC, Volcano Marathon or Big Island International Marathon event contact club president/race director Wayne 'Big Dog' Joseph at 969-7400 or email at waiakeabigdog@aol.com. Or check the club web sites at www.bigislandroadrunners.org & www.hilomarathon.org

Runners' Review

- DJ Blinn and David Hammes, Hilo

Marathon comparisons and contrasts are highly subjective, for everyone there will be at least twenty-six point two similarities and twenty-six point two differences and for two different runners none of these might be the same. The Big Island International Marathon (BIIM) which we've finished nine times each and the Maui Marathon (MM), which DJ ran for the first time in September and David has done twice ('95 and '99), are no different.

Both are point-to-point, both have long stretches run near the ocean, both start in the dark to avoid the heat, and both are the same length...hmmm, well, how about four point zero similarities?

Now for some of the differences. Many of the beginning miles of the BIIM are run through a true tropical rain forest, up and down hills, sometimes being washed in a rain that 'keeps things green', sometime—like this last year—being nearly washed away down one of the many streams and flows that form waterfalls rushing down under (or over) wooden bridges to the nearby ocean.

Starting in the quietly awakening town of Pepeekeo (its tough to sleep through the start of a marathon!) along the scenic drive past mystical Onomea Bay, mist-shrouded as the sun rises, through the old mill towns of Papaikou, and Paukaa—greeting pajama-clad residents retrieving their Sunday morning papers—it feels like running through the 1930s. From here you can see Hilo Bay, and it may as well be on a travel poster—it's that scenic and that far away.

One continues on their up-and-down journey (yes, you CAN walk some of the hills!) on the old road climbing one last (almost) hill to the Honolii overlook; there they are, the surfers getting ready to catch their waves, and strange smells coming from their parked cars. Up one last hill to the highway and about two miles into Hilo for the finish of the 10.8 miler, that starts with the marathon, and the continuation of the next 15.4 miles of the marathon.

In Maui, the MM starts near the space age Queen K. Mall in Kahului heading south out of town in the extreme darkness across the narrow, flat part of the valley. With luck you'll have a tailwind that gets you to the start of the hills (about mile 8) and then headed mostly west as the sun rises at your back. The hills roll a bit and roll a bit more, and take you through a tunnel, as you come through you have fabulous views of the ocean and the sandy beaches to come. But, not for you—for you, we have fifteen more miles.

The road descends to sea level, and continues northwest right next to the sandy beaches and the ocean towards Lahaina. When this race was run in March it was named "Run With the Whales" as you could often see spouting cetaceans. Now you see surfers, swimmers, gawkers, and they're all there enjoying the 'nice' temperatures, maybe 90F with 120F asphalt, and the fabled 'Hawaiian sun, surf, and sand.'

Back in Hilo, as one passes the 'finish' line the FIRST time the 10.8 milers peel off and the marathoners head across the Suisan bridge towards Banyan Drive and then out Kanoelehua to the airport/National Guard/dump complex. If you're kind of slow this is where you'll see some of the leaders coming back at you. After meandering through the National Guard area you go along the backside of the airport to Silva Street and then on to Kalaniana'ole along the port facilities towards Richardson's. Water, yes. Sandy beaches, no. But the course is nice and flat after the hilly miles in the forests. Richardson's is about the 20-mile point and the turn-around back towards town.

On the MM you're nailing down the miles, but the heat and the distance are starting to catch up with you. If you're lucky at this point Joe and Veronica Wedemann catch you up. Veronica is kind of quiet (she's probably just being polite because you look like you feel), but Joe—two Ironmans and a real-life fireman in East Hawaii—has a story for every footstep. The laughter interferes with your breathing, but it's worth it. On this day you can't keep pace with them and Joe doesn't volunteer the 'fireman's carry' to the finish because you've still got five miles to go. Away they go...hey; based on minutes per entry-dollar you're getting your money's worth from this course.

In Hilo you 'race' back along the beaches again, past Four Mile, to Onekahakaha Beach where you have to turn in and run to the turn-around then back out, by Puhi Bay, then the semi-industrial port facilities, this time straight back to Banyan Drive, over the Suisan Bridge and then looping around to the finish line area. There's usually a small but enthusiastic crowd including Marie Kuramoto, Casey San, and Cowman A-Mooha, who have all done all of the BIIMs, too. What a party!

In Maui the final miles are through Lahaina, one drops into town on about the first street that intersects Front Street and then you run and run and run (and walk) along Front Street. For a small town Lahaina sure is a long town! There may even be some 'late-night' revelers to cheer you along. You don't get out again and back to the highway until you've gone just about every step of Front Street. I know this can't be true, but Front Street in Lahaina seems as if its 26.2 miles long.

At this point you start to pick up some of the half-marathoners—who start at the finish line in Whaler's Village and go out past Lahaina, turn-around and head back. Back on the highway out of Lahaina its about one or two miles in to the finish area. Don't be deceived this also seems to go on for quite awhile. The finish chute is well designed, lots of noise, good-sized crowd, etc. You might be limping, cramped up, or whatever, but you're done!

No matter which marathon, there's nothing like a finish line to perk one up. After a massage a stroll over to the Rusty Harpoon for fish-and-chips and a cold beer makes one forget miles 2 through 26.

If you've run one or both of these marathons you have your own memories. Each year is a new experience and a new story. If you live in east Hawaii, Maui is a close marathon—only a 30 min. flight. There are inexpensive hotels in Kahului near the start line; or, there are more up-scale hotels in the Kaanapali/Whaler's Village finish line area. Where to stay? This is a tough call as it's very nice to wake up near the start line and just amble over. If you stay near the finish line you have to catch shuttle buses to the start and they leave at 3:30AM.

On the flip side, once you're finished its nice to amble to your room and shower immediately. Otherwise, you have to drive or catch the shuttle bus back to Kahului, and the road is quite clogged because of all those darn runners!

Each of these marathons is distinctly different. Try 'em both. Just remember its all about psychology, physiology and attitude, and sometimes just plain-old cussedness. You only need one of the four to make it. See you on the road!

BIRRC

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