

Runners Erupt at Volcano Run

By Gerry DeBenedetti

Several Outrigger members made what is now their annual trek to the Big Island on July 20 to do one of the three Volcano runs, the most difficult in the world--true fact.

The Volcano Wilderness Marathon course description reads as follows: due to the difficult terrain, only advanced and hardy endurance runners should challenge the course.

The Summit Caldera Rim Run, a discreet 10 miles, completely circles the Halemaumau and Kilauea Calderas and is like running around a bowl of rice krispies for the first half.

The Kilauea Iki Crater Run, a modest 5.5 miles, is usually chosen by beginners, deceived by a 5.5 mile run and the benign world Iki (little) in the title. Not so. Those who have done it decide it's easier to do the longer 10 mile caldera run. Sort of a choice between short/hard or long/less hard.

The Iki Crater run route is down a tree fern forest trail in single file, then across a steaming open crater, rather like running through a sauna, and then up some stairs as fast as you can--amusingly called the "Stairway to the Stars." Huff and Puff.

Near the finish, the 10 and 5.5 milers are on the same trail, and from the side, Chain of Craters Road, the marathoners join them. All finish together, although you can usually tell who did what.

None of the courses are easy, all of them are a challenge, and the beauty and majesty of the Big Island Volcanic area is enough to transport you to running on the moon.

Our Mary and Bonnie Smolenski represented OCC in the marathon this year. Mary did a super good time of 4:28 to receive third overall women. Her mother Bonnie's finishing time of 4:54 was good for 10th and first female age 50. Anybody could be proud of those times in a nice flat out/back Honolulu Marathon.

Tommy Holmes and Fred Hemmings Jr. made their annual trip in high spirits, making bets and challenges and both doing a good job. Tommy came in 13th in his event.

Well, we all had a good time. Ask any of us.

Results:		
Name	Time	Place
<i>Marathon</i>		
Mary Smolenski	4:28:08	3rd, Women
Bonnie Smolenski	4:54:17	10th Women, 1st W50
<i>10 Miles</i>		
Bob Smolenski	1:18:25	10th, M50
Tommy Holmes	1:19:43	13th, M40
Fred Hemmings	1:26:21	24th, M40
Monte Costa	1:48:15	31st, W30
Blake Johnson	1:49:59	22nd, M50
Gerry DeBenedetti	2:25:26	14th, W50

These were the only posted times that were obtained. If you did this event and are not listed, please leave your name and time at the Front Desk for the Editor. ☺

Next OCC Running Clinic September 11

With the Hana Relays approaching in September, and the Honolulu Marathon three months later, the OCC Running Committee has enlisted the coaching assistance of Don Mueller, Hawaii's top masters triathlete and former Hawaii TAC champion runner.

The Running Committee has scheduled its next Clinic on Wednesday, September 11 at 5 p.m. The subject will be "The Psychology of Racing Well."

All OCC runners are welcome.

The subject of the first clinic was "How to Run Hills." It included information on the proper strides for going up hill and down and running form.

"There's a tendency to overstride on hills," according to Mueller. "Going up, it's best to tuck your hips into the hill and take short, quick steps. Coming down, your stride will naturally open up, but if you overstride every time your foot strikes, you'll actually be braking.

"Ideally, your body should be perpendicular to the hill. If possible, try to develop your leg speed by training on short, slight downhill like Diamond Head Road from the lighthouse to the entrance to Kapiolani Park."

The topic of the second clinic was, "How to Train in the Adaptive Zone to Get Faster While Avoiding Injuries."

"Running is one of the most injury-prone sports around," Muller said. "Staying healthy and competitive is a big challenge. One way to do it is by monitoring your heart rate at various times.

"In the morning when you awake, you can tell whether or not you've recovered from the previous day's workout by seeing if your pulse is normal. A reading 5-10 beats above normal means either you have not recovered or you may be coming down with a cold.

"Whichever, you should take the day off from training. During your workouts you want to stay in the 70-85% range of your maximum heart rate for your age. If you train under this range, you aren't pushing hard enough to have any improvement. Over this range--if it's not carefully supervised--puts you in danger of injury and over-exertion."

Anyone interested in fitness or running is welcome to attend the clinics. Check the bulletin board in the tunnel for more details. ☺