

Running Season Takes Off

By Carolyn Corrigan

Launching the running season, some 75 members turned out for a meeting and gave an enthusiastic reception to Jack Scaff, the principal speaker.

A long-time 'Rigger and former paddler, Scaff is widely recognized for his contribution to running in general and to the Honolulu Marathon in particular.

His talk dealt with the benefits of running for what has become, in this country, a sedentary society. For many people, he said, exercise stops when they leave school and is resumed only sporadically if at all. Especially after one is 30 years of age, he stressed, exercise is very important, and running is one of the best exercises there is. It requires little equipment, can be done alone at any time of day and almost anywhere.

Jack punctuated his talk with a number of his own experiences, and even mistakes he made as a runner, a light-hearted touch that enabled even novice runners to identify with him.

Fred Hemmings, Jr. presided at the meeting and introduced Scaff, his wife Donna and son, Jack, Jr. He also introduced super runner Max Telford (see accompanying story) and members of the Running Committee, whose chairman, Mike Givens, was unable to attend. Other members present were Rudy Choy, Alike Burso and Carolyn Corrigan.

Future running events scheduled by the committee are:

July 10—Makaha Resort/San Miguel Weekend, 5.2 mi.

July 18—Sprint for the Seals, 5 mi.

Aug. 1—8-mile Novice Run.

Aug. 28—Honsport 30/30.*

Sept. 18—Hana Relays.*

Oct. 17—Val Nolasco Memorial Run, 13.1 mi.

Nov. 25—Turkey Trot (predict your time), 10 mi.

Dec. 12—Honolulu Marathon.

Be sure to post your running results on the Results Sheet either at the Front

Desk or on the Running Bulletin Board.

Whenever possible the Club will try to schedule special events for runners before, during and after the runs. Let the Running Committee know your interest by leaving a message at the desk for Mike Givens. Look on the Bulletin Board for special events and check the desk for application blanks.

*Sign up at Front Desk for relays.

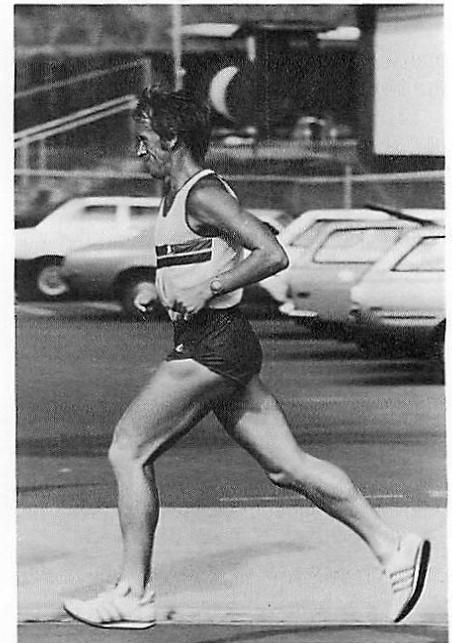
Super Runner Runs Clinic

Max Telford, the man who holds more World long-distance running records than any other person, will be at the Club next month to conduct one of his running clinics. And while OCC runners who attend may never equal the remarkable achievements of their mentor, they are certain to find their skills improved as a result of the five 2-hour sessions.

For readers who are not familiar with Telford's record, here are a few of the highlights.

With 24 years of running experience behind him, his personal career mileage to date is well in excess of 120,000 miles! Those miles include his remarkable run non-stop through Death Valley, *both ways*—and in the summer with the temperature around 130°! He ran the 240 miles in 73 hours.

That was in 1976 and that same sum-



mer he ran the Grand Canyon both ways.

And there was the world's longest run—(Anchorage to Halifax)—5,110 miles. A record-setting 259 miles without sleep in Malaysia. A world non-stop endurance record of 186 miles; world 300 km record of 31 hours, 33 min., plus other records in Australia and New Zealand.

As a man who has literally dedicated his life to the promotion of ultra-distance running, Telford hopes through his clinics to help other runners achieve their desired goals. Clinic sessions will be held Aug. 2, 9, 10, 12 and 14.

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