

Third Annual Kilauea Volcano Marathon

A small band of 'Riggers journeyed to the Big Island in January for the physical and mental challenge of the most unique footraces ever. A joint project of the National Park and the Volcano Art Center, with the excellent cooperation of the Volcano House, this dramatic event is turning into one of the running events for those who want good fun, adventure, scenery and a trip to the Big Island. For those who plan ahead, a night or two at the Volcano House is also a special treat.

All races are predominately run on National Park hiking trails, which are well maintained but in some places are extremely rough, and runners need to be cautious—especially where the road has fallen away!

The marathon, regulation 26.2 miles, is only for the advanced and hardy (or crazy) runners. Beginning at the crater rim drive, the hard part goes down into the Ka'u desert and joins the Chain of Craters Road. The elevation high is 4077' and the low is 3060'. This thousand-foot difference is not your usual out-and-back, and the terrain is not your usual paved roads. Runners must leap over fissures and scramble up rough stuff. The smart guys wear gloves and knee pads. There were 130 entrants.

The summit caldera rim run, 10 miles, has the incredible view of the entire Halemaumau crater. Parts of the trail go across lava flows that are as fresh as 1982, and the sound is not unlike running across rice crispies. This has an elevation drop of 400 feet, very dry and awesome. There were 382 entries.

The Kilauea Iki crater run is 5.5, and many enter this event thinking it will "only" be 5½ miles and couldn't be "too" hard.

There are some who say the caldera rim run is easier because you can see where you're going and it's a gradual rise and fall. In the crater run the trail is a switchback *down* to the crater floor, where you run across 1959 lava in the form of a *pahoehoe* pond. It's the climb back up that gets you. Called the "Stairway to the Stars," you are gasping for moisture in your mouth, and holding on to the handrail, pulling yourself up 400 feet to the Waldron ledge to join the caldera runners who finish on the same course. At this point



Clair Folsome

the road is "gone," having earthquakeed itself to death in 1982. There is only a handrailed and partitioned pass left for the runners.

What can we say? Wow! If you want to do this event in 1986, plan now. Start with your Volcano House reservations for Friday, Jan. 24 for sure, and if possible, Saturday, Jan. 25. Have dinner at the Volcano House, pick your event, have fun, be careful, and enjoy the wonder, majesty and splendor and the only event in the world where one of the hazards is "noxious volcanic fumes."

Honolulu OCC members were able to chat with Big Island resident Bob Arnott, now living in Hilo. He usually runs the 10 miler, but was "riding shotgun" with wife C.C. Arnott, a U.A.L. flight attendant who had the weekend off. They had a fun time with Bob shouting encouragement and "resting" in between his spurts of energy. Tommy Holmes had a gash the size of an orange on one shinbone and was sitting there looking at himself at the finish line with a mixture of pain and exhaustion.

One practice that doesn't occur in your usual run is a "Sole-scrubbing." Runners receive notice with their runner information packet regarding the need to keep the Hawaii Volcanoes ecosystem free from the spread of noxious alien plants such as *Clidemia hirta*, *Pennisetum setaceum* (fountain grass), and other weeds that create a threat.

Volunteers with scrub brushes sit near large metal pans, and the runners offer their shoes to be scrubbed of all seeds and spores that may be "lurking" in the treads of their shoe soles. The park system says: "Let us give you the brush on Race Day!"

Name	Overall	Time	Division Place
Marathon			
Tommy Holmes	17	3:50	6th
Fred Hemmings	94	5:05	38th
Iki (5.5)			
Gerry DeBenedetti	239	1:18	11th
Grant Senner	143	1:04	10th
Suzy Hemmings	119	1:01	9th
Bob Arnott	233	1:17	54th
C. C. Arnott	232	1:17	10th



Do you want a record of your (or your team's) athletic prowess to be included in next month's "For the Record?" Fill out the blank below and leave at the front desk for Editor, *The Outrigger*.

Sport _____

Name of Event _____

Date _____

Your Results _____

Your Name _____

Membership # _____

OCC Team Members _____