

Surviving the Heavenly Hills of Hana

By Andrea Lehman

At 5:30 a.m. September 23, 18 Outrigger runners on three teams, gathered anxiously in Kahului to commence the 52-mile running-team race known as the Hana Relays. For some it would be a new experience, one they would long remember and learn how to train for. For others, the excitement and eagerness to participate had remained—they knew how to train.

Outrigger runners, pumped with adrenalin and enthusiasm, waited nervously for the start. Leading our packs, Dr. Bob Atkinson, Hilary Lambert and Tracy Smith, charged off the start, racing against 65 running teams. And a good start they made, clocking in at a 5:30, 6:25 and 6:30 respectively, for the first 2.8 mile leg.

Team captains Russell Allen and Andrea Lehman whipped through the second 2.9 mile leg at a sub-six and 6:11 minute mile race respectively. Joe Teipel exploded to the

fourth handoff at a 5:45 pace.

And then there were the hills. Steve Dunn had a brave 3.5 mile leg, with 2 miles of uphill climbing. Matt Kresser also had a great leg.

The Gold I team finished in 5 hours, 40 minutes to capture first place in the Mixed Division. Team II finished in 6:08 and Team III finished in 6:10. 🏆



Participating in the Hana Relays for Outrigger were Susan Barron, Tracy Smith, Carole Wilbur, Andrea Lehman, Hilary Lambert, front; Joe Teipel, Tanya Watumull, Gina Schultz, Don Eovino, Tom German, Debbie Atkinson, Russell Allen, Paddy and Steve Dunn, second row; Dr. Bob Atkinson, Jamie Beardmore, third row. Not pictured: Matt Kresser, Gay Balding, Fred Hemmings Jr., Jimmy Dean.