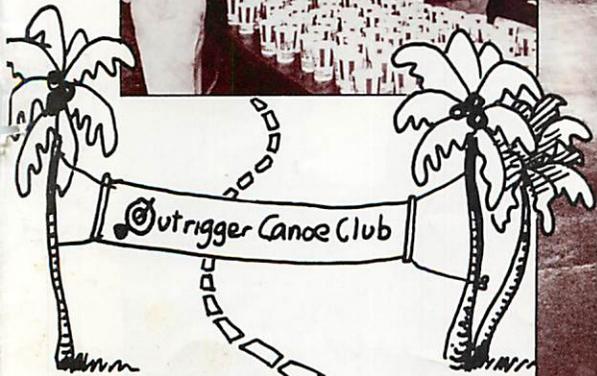
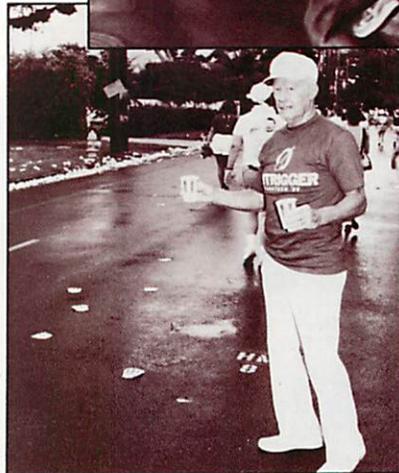
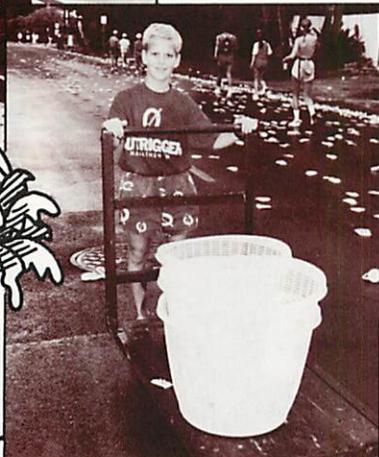
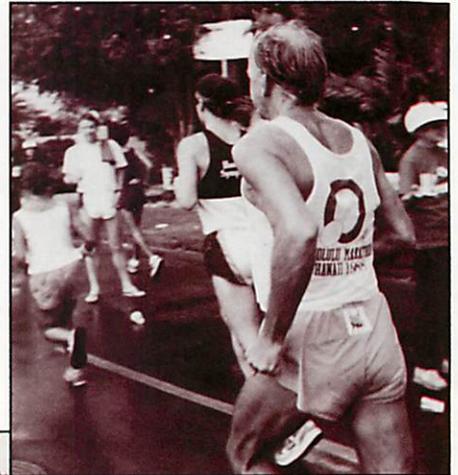
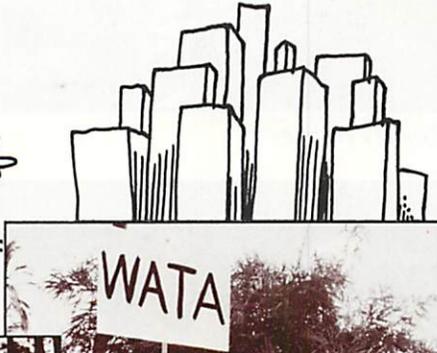
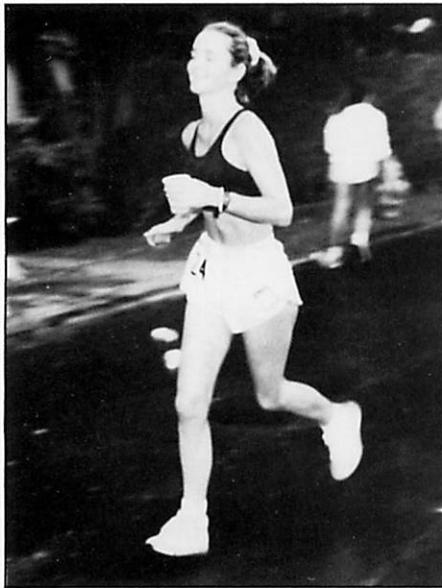


the Outrigger

February 1990





Tanya Watumull



Tommy Holmes



Ken Brown

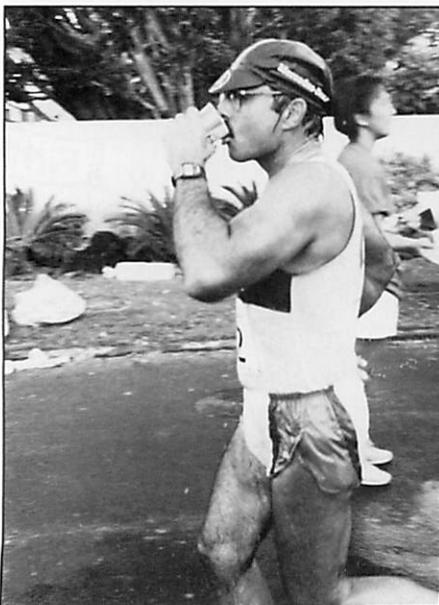
Photos by Ruby Iverson & Paddy Dunn



Russell Allen and Steve Dunn



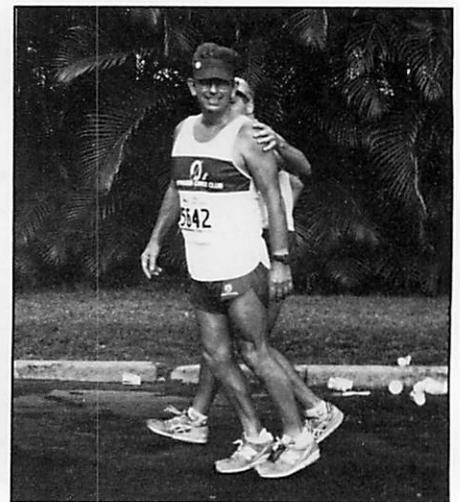
Runners gathered at the Club at 4:30 a.m. for a ride to the start. Front row, from left, Hilary Lambert, Andrea Lehman, Cyndie Welte, Ken Brown. Second row, Peter Bourne, Russell Allen, Steve Dunn, Emary Lucas, Kent Davenport, Dawn Davenport, Ray Saganuma, Norm Dunmire.



Emary Lucas



Jim Stahl



Norm Dunmire

13 OCCers in Honolulu Marathon

By Ruby Ifversen

The running of the 17th Honolulu Marathon on December 10 was a big day for sports in Hawaii in general, and for at least 15 OCC runners in particular. We aren't sure of the exact number of members who ran, because some prefer to remain anonymous, but all of them deserve our admiration and congratulations.

The starting time was 5:30 a.m., so the OCC van left the Club at 4:45 a.m. with about 10 runners onboard, and dropped off at Aloha Tower to join more than 10,000 other runners (including a few walkers and a lot of dreamers).

Meanwhile, members of the Running Committee including chairperson Andrea Lehman, were preparing the OCC tent near the finish line in Kapiolani Park where the first OCC runner to finish would arrive 3 hours and 19 minutes after the spectacular cannon and fireworks start.

Tanya Watumull was the first OCC member to finish in 3 hours, 21 minutes. She was running her second marathon and took 16 minutes off last year's time.

Emary Lucas, who certainly runs more marathons every year than any other OCC member, was running his 25th overall and his eighth Honolulu Marathon. He finished second for OCC in 3:28, a great time, but he says last year's was his personal best.

Possibly the most amazing personal triumph was that of Tommy Holmes who severely injured his knee in a skiing accident last February. If you saw the brace he wore for many weeks thereafter, you would not have believed he could ever run a marathon again. Not only did he run, he finished third for OCC in 3:29 with a barely perceptible limp. Even his doctor is amazed and says he is going to write that one up for the medical journals.



Enjoying their victories at the Club after the Marathon were Emary Lucas, Russell Allen, Tanya Watumull, Steve Dunn, Jim Stahl and Peter Bourne.

Our durable Aussie, Russell Allen, who has run many marathons in Australia and New Zealand, was running his third Honolulu Marathon, but this time in the 60-65 age group. He still makes it look so easy.

The perennial Bruce Ames ran his 15th Marathon at age 47. What else can we say.

Dr. Kent Davenport, a veteran marathoner, ran with his recent bride, Dawn, who was running it for the first

time. They finished together in a very decent time of 3:57.

One OCC member tried to remain anonymous, apparently because it was his first marathon and he didn't know how he'd do; but, we saw Gib Bintliff finish in under four hours—a decent time for any first timer.

It was a personal triumph for everyone who trained and was able to finish the grueling 26.2 miles. There was a lot of talk about how great the weather was, cool and not too humid, and it did help all our runners turn in good times; but, that's still a long, rough road and still a triumph for anyone who completes it.

There were a few personal tragedies also:

Matt Kresser, who trained hard and was expected to be one of the top OCC finishers, got the flu a couple days before and was unable to compete.

Ray Sukanuma, who had also trained hard, for this, his second marathon, says, "I had a terrific half marathon!" But at about 20 miles he pulled up lame and was unable to finish.

Meanwhile, back at the tent, Andrea's committee, consisting of Hillary Lambert and Steve Zak, had plenty of wet stuff for drinking, fruit, muffins and sandwiches for eating, cots for resting, chairs for sitting, towels for wiping off the triumphant sweat, and a chalk board for recording times.

This writer was also there, but had the unenviable duties of driving the van to the start, then standing near the finish line with a zoom lens trying to spot each OCC finisher as he or she came in. That wasn't easy, so my apologies to those missed.

After all OCC runners were accounted for, most adjourned to the Hau Terrace for the breakfast of champions, Korbelt Brut. At that point, no one wanted to talk about next year, but, come next year, most of them will be doing it all over again.

17th Annual Honolulu Marathon OCC Finishers

Name	Age Group	Time
Tanya Watumull	25-29	3:21
Emary Lucas	45-49	3:28
Tommy Holmes	45-49	3:29
Steve Dunn	40-44	3:40
Jim Stahl	45-49	3:44
Dick Johnson	55-59	3:51
Russell Allen	60-64	3:54
Kent Davenport	40-44	3:57
Dawn Davenport	25-29	3:57
Norm Dunmire	55-59	4:24
Bruce Ames	45-49	5:12
Ken Brown	55-59	5:16

It was Non-Stop Action at OCC Marathon Aid Station

By Marilyn Kali

Despite an unexplained decrease in the number of volunteers who showed up to work this year, the Outrigger Canoe Club Aid Station on Kahala Avenue managed to serve the nearly 10,000 runners in the 1989 Honolulu Marathon on December 10.

There was non-stop action during the first two hours of the Marathon when most of the runners passed the eight-mile mark where our Aid Station is located on Kahala Avenue near Hunakai Street.

One of the reasons we were so busy was that other aid stations on the route out to Diamond Head were not ready when the runners reached them, so we were an oasis for hot and thirsty runners.

Members were busy passing out "Ice Cole Spunj" and we do mean ice cold. Club President Peter Balding and his crew had to take time outs to thaw out their hands after washing and icing the sponges.

"Wata" was duly distributed by eager volunteers to thirsty runners.



Taking a break from the action were Gerry DeBenedetti, Kepa Cummings, and Jimmy Dean.

This year for the first time all Aid Stations offered "Erg" (an acronym for electrolyte replacment glucose), instead of the usual defizzed, diluted Coke. Not many runners knew what it was, but for those who drank it, it offered a

power boost as they tackled Diamond Head on the way to the finish line.

We had about 80 volunteers work in the Aid Station this year, about 50 less than in previous years. All volunteers received OCC Marathon T-shirts and the appreciation of the many runners who shouted, "Thanks, Outrigger" and "You're the best, Outrigger" as they ran past.

Our thanks to Cline Mann, who chairs the Aid Station Committee every year and his able helpers Brad Martin, Kawika Grant, Bill Cook, Buck Schmuck, and Mark and David Buck, who worked in the pouring down rain the day before getting everything together.

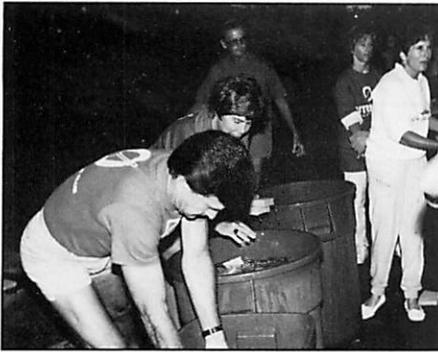
Our thanks also to all our other volunteers who arrived at the Aid Station by 5:30 a.m. to help set up and cheer the runners on.

We'd particularly like to thank that hardy band who remained to the very last (4 p.m.) to take down the station and give the entire avenue a complete sweep.



OCC volunteers line up under Outrigger banner on Kahala Avenue at start of Honolulu Marathon.

Photos by Marilyn Kali



Club President Peter Balding ices sponges, with help from Leslie and Jack Mattice, Manon Williamson and May Balding.



Kawika Grant stirs up the "Erg"



David Buck waits for used sponges.



It seemed like the line of runners would never end at OCC Aid Station.



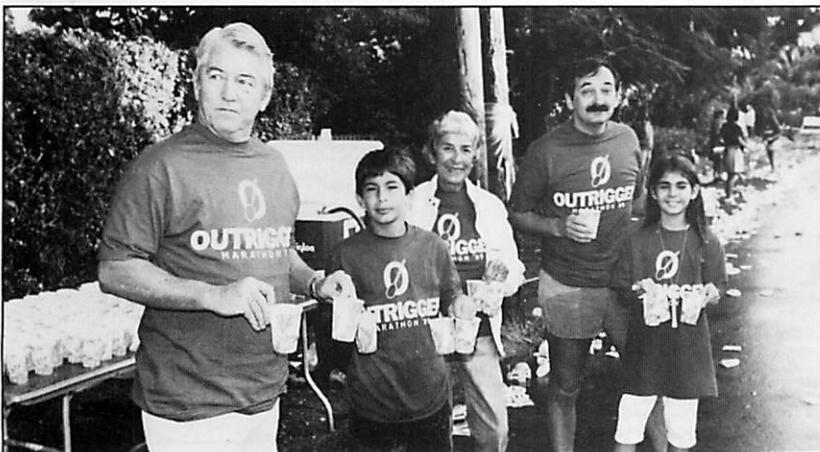
Peg Danford mixes "Erg"



Norm Ho and Karl Heyer IV collect used sponges.



Richard Ferguson sweeps up used cups.



Serving cold water were Tom Dixon, Erik Freeburg, Enid Kelly, Robert Freeburg and Kristin Freeburg.

OCC Aid Station Helpers

Brant Ackerman	Norm Ho
Gay Austin	Marilyn Kali
Jimmy Austin	Enid Kelly
Siana Austin	Scott Kennedy
Gay Balding	Mike Lilly
May Balding	Katie Lipp
Peter Balding	Cline Mann
Barbara Brodhead	Ann Martin
Mark Buck	Brad Martin
David Buck	Jack Mattice
Rick Budar	Leslie Mattice
Buster Chapman	Barret McCandless
Shirleigh Clark	John McCandless
Rush Clark	Hal Mehlberg
Bill Cook	Mike Michaelidis
Kaione Crabb	Elaine Michaelidis
Wendy Crabb	Bob Moore
Kepa Cummings	Sue Moore
Peg Danford	Ruth Munro
Barb Daum	Tay Perry
Jimmy Dean	Jim Peterson
Gerry DeBenedetti	Allene Richardson
Noelle D'Enbeau	Michele St. John
Tom Dixon	Barbara Sanders
Chris Duplanty	Ellen Sanders
Gretchen Duplanty	Buck Schmuck
Bill Ehrman	Traci Smith
Fran Ehrman	Stephany Sofos
Pat Ekstrand	Barbara Stehouwer
Thad Ekstrand	Ken Stehouwer
Richard Ferguson	Ray Suganuma
Erik Freeburg	Joan Taylor
Kristin Freeburg	Susan Taylor
Robert Freeburg	Jake Updegrove
Lou Fulton	Ruth Updegrove
Kawika Grant	Bob Vieira
Jon Haig	Carole Wilbur
Van Hare	Dione Wilbur
Fred Hemmings Sr.	Meade Wildrick Sr.
Karl Heyer IV	Manon Williamson
Gil Hicks	