

# Kenton Eldridge Leads

By Don Eovino

Sunday morning December 9 at 4 a.m., approximately 25 Outrigger runners assembled for group photos at the Club before the 5 a.m. start of the Honolulu Marathon at Ala Moana Park. The runners would be joining approximately 20,000 other runners for the third largest marathon in the world.

A van stood by as last minute preparations were administered in the remaining hour before the start. Don Eovino had prepared a Christmas poem to the runners as a tribute to what lay ahead. Some of the runners would be finishing under four hours, some under five, most under six, but some at 6-1/2.

The trained runners had worked for this event all year, many had trained in the last 90 days, some hardly at all, and were relying on their general fitness level. The marathon is not an event you can fake training for. It is not one you decide at the last minute. That is, if you expect to survive the race. For survival it is, if you are out there over four hours.

The weather, sun, rain, asphalt, sweat, clothes, blisters, noise all take a toll if you haven't finished in three plus hours.

Most OCC runners, however, are pretty fit, and most finished in the 4-5 hour time frame. One runner who didn't have to worry about a long time was master runner Kenton Eldridge. Kenton had finished an Ironman in Australia in April and kept up his training all year in preparation for the 2002 New Zealand Ironman in March. He went out fast in a sub eight-minute mile, not sure he could hold that for all 26.2 miles since it was more than 20 years ago that he went that fast.

If he could, that would translate to a 3 hour, 26 minute 10 second marathon. His goal was a sub 3:30 so he knew he was fit, but keeping that pace down the last six miles and the dreaded Heartbreak Hill on Kahala Avenue would remain to be seen.



Gathering at the Club before the race were, front, unknown, unknown, Tracy Bradley, Arnold Lum, Penny Bradley, unknown, Don Eovino, Jim Stahl, unknown, Hiroko Eovino. Standing, Jerry Steiner, Bob Dewitz, Karen Torkildson, Ann Perry, David Stackhouse, unknown, Shree and Bruce Ames, Brad Coates, Jerry Brotherton.

Reaching the half way point, Kenton had raced out at an astounding seven minutes, 18 seconds per mile pace, but he knew he couldn't hold it. At about the 17 mile mark, Kenton was starting to fade, but he had the foresight to have one of the fastest women runners on Oahu pace him down Kalaniana'ole Highway. OCC runner Brigitte Egbert joined him to encourage him along the hot tiresome return down the road to the 22 mile mark at the Kealaolu service station.

His pace at the 18 mile mark had slowed a little to seven minutes, 36 seconds per mile, but he was still building up a cushion of several minutes he knew he needed to have in reserve for the eight miles to go.

After reaching the 22 mile mark, Kenton started to hit the wall. At Kahala Avenue, Kenton's legs started to tighten up and feel like telephone poles, his eyes started to dim and his breathing labored. He kept putting one foot in front of the other and trudged up Heartbreak Hill. At the top he took his last water at the Ruger park aid station and then had two miles to go.

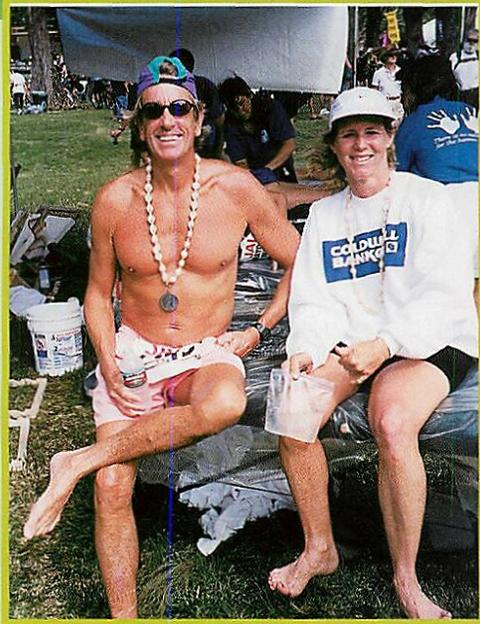
Thank God the last mile and a half is all down hill as the lactic acid had accumulated in Kenton's legs and the cushion of minutes was slowly evaporating away. With the Outrigger Canoe Club in sight, it was an inspiration to finish the remaining half mile in stride.

Breathing heavy and body spinning and dizzy, Kenton crossed the line under his goal time of 3:26:57. He had saved enough to break 3:30 and reach his goal time for one of the fastest times he had done in 20 years. Not bad for 57 years old.

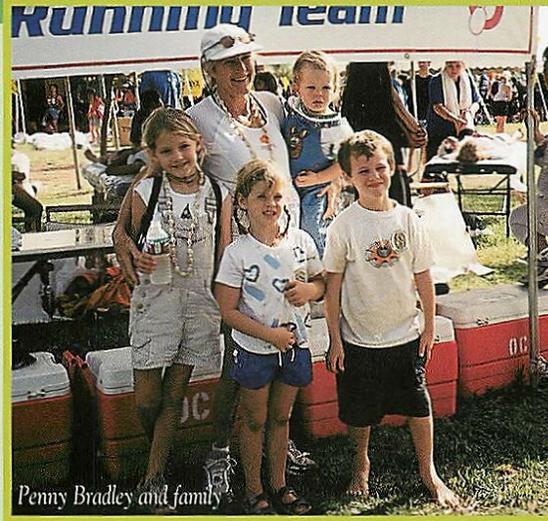
The other runners dutifully came into the Outrigger's mash tent to receive refreshments, photos and a fantastic massage. Gerry DeBenedetti helped organize the tent as did Hiroko Eovino who had just finished the six mile walk.

Ann Perry, who trained religiously, had broken five hours and commented that the massage alone was worth the effort of the race. Her running partner, Penny Bradley, ran her first marathon and was pleased with her time by coming in under six hours. Her daughter, Tracy, had finished in a respectable 5:09.

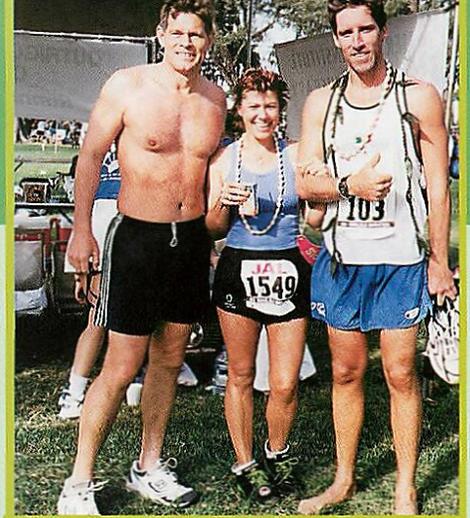
# Outrigger Marathoners



Brad Coates, Tracy Bradley



Penny Bradley and family



Bob Dewitz, JoAnne Klinke, David Stackhouse



Candes Meijide Gentry and Nora Meijide



Arnold Lum



Don Eovino, Jim Stahl



Brent Emonen, Sasha MacNaughton, Bob Egbert

Candes Meijide Gentry was traveling most of the year and hadn't trained much but was happy and pleased to finish in 5:43.

Dave Stackhouse was second fastest for the Club, having finished in 3:03 last year and running in Boston. Today wasn't his day, although 3:33 is nothing to scoff at. JoAnne Klinke, Katy Bourne and Bob Dewitz broke four hours.

Kim Harshman, Karen Torkildson, Brad Coates, Arnold Lum and Jim Stahl broke five hours. Don Eovino, nursing calf injuries partnered up with friend Adam Page who had never run over 15 miles before, and beat their goal of 12 minute/mile pace with a time of 5:09. Jerri Steiner, Bruce Ames, and Shree Ames finished off the balance of the runners.

All in all, the runners had an epic experience in their minds. For the first timers it was something they would never forget. For the repeat runners, there is next year's 30th anniversary marathon.

## 2001 OCC Finishers Honolulu Marathon December 9, 2001

Name	Time	Name	Time
Kenton Eldridge	3:26	Arnold Lum	4:52
David Stackhouse	3:33	Jim Stahl	4:55
JoAnne Klinke	3:50	Don Eovino	5:09
Bob Dewitz	3:53	Tracy Bradley	5:09
Katy Bourne	N/A	Candes Meijide Gentry	5:43
Scott Larue	4:10	Jerri Steiner	5:45
Kim Harshman	4:29	Penny Bradley	5:45
Karen Torkildson	4:40	Bruce Ames	N/A
Brad Coates	4:45	Shree Ames	N/A