

# Women on the Run

By Renee Osbourne

Every year I organize a group of my girlfriends to get on their running shoes for a great cause, the Straub Women's 10K (6.2 miles). This run is exclusively for women and this year was the 31st and was special because the proceeds of the race went to ovarian cancer research and to support long time race organizer KC Carlberg who is currently fighting this disease.

The race had a new winner for the first time in three years, our own OCC member, Katherine Nichols who completed the Kapiolani Park to Kahala and back route in a blistering 38 minutes and 52 seconds. Rachel Ross finished 23 seconds behind her in 39 minutes, 15 seconds.

Laurie Sloan turned in a good performance finishing fourth in the 55-59 age group.

There are only eight women who have completed all 31 of these races and Gerry DeBenedetti, our competitive race walker has finished all of them. She is the only OCC member to complete this amazing feat.

Gerry was honored for her participation. She has made three decade quilts of 10 years each, made out of her past 30 years of shirts. This year's shirt is going into quilt number four to be made in 2017.

The race is a great time because its gets all of us out for two hours where we get to bond away from the distractions of everyday life. Most of us run-walk and take the time to enjoy the sunrise, meet new friends, chat about life, observe the whales off the Diamond Head Lookout and get exercise.

At the finish it is so exciting when everyone is clapping for you as you cross the end of the line and are given a beautiful single long stem red rose. Then we get to eat chocolate chip cookies, Starbucks coffee, Jamba juices and get a quick massage at the volunteer tent.

The best part of the race is when we all meet up at the Club for Sunday Brunch and champagne and rehash the race and argue who is the greatest athlete among us and who will beat the other in next year's race.

So next year we will grow our group, the competition will be greater, and the race will be on!

## Results

Katherine Nichols	:38:52
Rachel Ross	:39:15
Stephanie Johnson	:54:31
Nedra Manson	:55:43
Laurie Sloan	:55:54
Sue Chouljian	:58:45
Elizabeth Pearson	1:08:16
Peg Williams	1:09
Renee Osborne	1:19:55
Nancy Arnott	1:21
Erin Williams	1:25
Gerry DeBenedetti	1:28:47
Stephany Sofos	1:55:50



Winners Rachel Ross and Katherine Nichols.



Friends helping Stephany Sofos run in the race were Star Miranda, Jennifer Doan, Lola Ben Yossef, Stephany Sofos, Renee Osborne, Liz Pearson, Domamique Ben-Yossef (baby).



Having brunch on the Terrace after the race were Kent Giles, Chris Loomis, Elizabeth Pearson (seated) and Mary Moriarty.



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