

the Outrigger



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HONOLULU MARATHON

By Don Eovino



Outrigger marathoners gather for their annual photo: Front: Candes Meijide Gentry, guest, Corin Gentry Balding, Nora Meijide Gentry, JoJo Watumull, guest, Wil Yamamoto. Back: David Stackhouse, Katy Bourne.

The 41st annual Honolulu Marathon, the 10th largest marathon in the world, came off on Sunday December 8. The humid weather prohibited any new race records.

A hearty band of OCC members and their guests assembled at 4 a.m. After their group photo, Katy Bourne and Don Eovino drove the group to the start. Katy and Don made it back to Kapiolani Park where they were joined by Nora Meijide-Gentry and JoJo Watumull to watch the runners finish.

Candes Meijide Gentry and her newly competitive triathlete sister Corin Gentry Balding, David Stackhouse, Bruce Ames, Brad Coates, Lori McCarney, Wil Yamamoto, and others went the distance.

Stackhouse was OCC's first runner in at a very competitive time of 3:14:17. He was followed two minutes later by Candes in 3:16:40.

Candes won the Kama`aina Award for fastest local female to race the marathon, bettering her time of 3:22 in 2010. She was the 21st female overall.

Raul Torres de Sa turned in a time of 3:45:50. Corin finished the race in 4:00:32 shaving off 30 minutes from the previous year. Wil Yamamoto came in at 4:18:18. Wil does Ironmen races all over the world and has the age group record for Hawaii's Ironman. Brad Coates was thrilled to break five hours again but only by 21 seconds. Lori McCarney posted a 4:47:36. Bruce Ames was one of the original runners when the marathon started in the early 70's and continues to show up finishing this year in 8:21:20.

This run is famous as the peoples race, because it attracts participants from so many countries, and the policy is that the finishers clock is not taken down until the last person crosses the line, no matter what time.

The marathon is scenic with the cannons and fireworks and early start time in the dark at 5 a.m. Runners pass the



The sisters Meijide-Gentry, Corin and Candes, turned in great finishing times.



The bomb sniffing dogs meet the locals in Kapiolani Park.

Honolulu Marathon OCC Results

David Stackhouse	3:14:17
Candes Gentry	3:16:40
Raul Torres de Sa	3:45:30
Corin Gentry Balding	4:00:32
Wil Yamamoto	4:18:18
Lori McCarney	4:47:36
Brad Coates	4:59:39
Bruce Ames	8:21:20

Honolulu City Lights, run along the ocean, and up over Diamond Head where the sunrise at 6:45 looks like the rising sun from Japan greeting the more than 13,000 runners who came from Japan. The race continues along Moanalua Bay and back again through prestigious Kahala, and again over Diamond Head at the 24 mile mark for a blazing finish past the Dillingham Fountain and the arch at Kapiolani Park.

Interesting note is that the Kenyans have won this race 17 out of the last 18 years. The event took on a more somber tone this year because of the incident at Boston and locals were surprised to see the bomb sniffing dogs and security fences at the finish. It didn't hurt the excitement of the record breaking number of more than 30,000 entries, and 23,000 finishers who would cross the line.

CANDES WINS Second Kama'aina Award

By Candes Meijide Gentry



Having won the first Kama'aina female runner back in 2010 for the first time, I was overwhelmed to receive the honor again. After winning in 2010 with a time of 3:22, I traveled to the New York City Marathon to run a 3:21. In 2012 I had my son Poet, so there were no marathons to be run.

2013 was an exciting and challenging year for me as a runner. Training was going well in the early part of the year. In August, I ran the Volcano Half Marathon in 1:30 and placed second female overall. Then a week later, while training for the Xterra World Championship trail run, I tripped and fell on the trails on Tantalus which led to three months of limited to no running.

With the help of members, physical therapist Jennifer VanDelden and masseuse Jennifer Spengler, I was able to recover fully and participate in the Hana Relays placing second female team, the Nike Women's Half Marathon placing third in my age group with a top 30 finish in a time of 1:31 and finally got enough training under my belt to win my age group at the Xterra Trail Run World Championship and place 13th female overall.

Ingrid Rolles, another OCC member, coached me all season and at the last minute, when my season was over and we were reflecting on the year I felt somehow incomplete. So, I decided that although I hadn't run more than 13 miles, with training specifically designed for half marathon distance, since I had signed up for it a year earlier for \$26.20, I would run the Honolulu Marathon and just give it my best.

I am so grateful that I did, because as I was running on the morning of December 8, surrounded at the starting line by longtime friends, an incredible local running community, my sister and mother, I was feeling grateful for all the people who had helped me get to the starting line that day.

I reminded myself how fortunate I was to be running my 14th marathon. I was nervous and excited to be a part of the event, and was fueled by the support and energy of the OCC member's morning photo and pep talk by Don Eovino.

I will cherish the Kama'aina Award honor for a lifetime and would like to send a special thanks to the OCC ladies who helped me achieve my personal record of 3:16:40, second in my age group, 21st female, and 187th runner overall.

"I love this picture of Rachel Ross and me," said Candes, "because I attribute much of my success in the last leg of the Honolulu Marathon to Rachel's encouragement and coaching. Rachel and I have been friends for years, classmates at Punahou School, and it was great to be able to share such a significant few miles together. She had dropped out earlier in the race and saw me coming through and was kind enough to run the last few miles by my side egging me on to pass the last few girls within sight."

Photo by Tracy Wright Corvo.

LOTUS
HONOLULU
AT DIAMOND HEAD

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