

OUTRIGGER CANOE CLUB AID STATION

7 TH ANNUAL
HONOLULU MARATHON
SUNDAY DECEMBER 9, 1979

DEAR FELLOW MEMBER:

Thank you for volunteering your help at The Club Aid Station in this 5th year of our participation. As the veterans already know, all one hundred or more of you are in for a very enjoyable and stimulating experience. Please familiarize yourself with the following particulars.

PURPOSE:

The stations are properly named aid stations and not refreshment stands, as the intake of fluids during the running of a marathon is a necessity, not a luxury. The greatest hazard to marathon runners, even when running in cool temperatures, is dehydration and heat exhaustion. Heat injury is a very serious problem and often requires hospitalization. During long distance running, large amounts of fluid are lost through perspiration and respiration and the internal temperature often reaches 104 degrees. Even if fluids are taken liberally, the runner cannot absorb more than half of the fluid lost. Obviously it is extremely important to take fluids, especially early in the race, to prevent a critical increase in the temperature. ACCORDINGLY WE WILL DISPENSE ICE COLD coke, water, and sponges to about 7,500 runners. Equally important will be the endless quantity of encouragement, friendship and aloha we will extend to each and every runner.

LOCATIONS:

4812 & 4817 Kahala Avenue, near the Koko Head end, between the little bridge and Pueo Avenue.

TIME:

Please report at 5:30 A. M. to help set up and receive instructions. The race begins at Aloha Tower at 6:00, and the first runners will reach us about 6:40. The most hectic period will be from 6:45 to 7:45. The returning runners will be strung out, and we will enjoy an easier pace from 8:00 to 11:00. The last stragglers will have passed by 11:30.

PARKING:

Since parking and traffic will be prohibited on Kahala Avenue, you should use Pueo Avenue. The driveways fronting the station belong to C.B. Ayau and Kimo Austin.

OPERATION:

The station occupies both sides of the road for a length of 150 yards. Ten tables will be equally spaced on the curb, to minimize congestion. Five will pass out coke, the other five water, ICE COLD. As much as possible the cups should be handed to runners. Please do this without leaving the curb. The sponge helpers (& their very important runners) will be stationed initially about 100 yards Ewa of the tables, and later will shift to a spot just Koko Head of Pueo Ave.

BREAKFAST SNACK AND CLEANUP: For those who report promptly at 5:30 we will serve fruit juice, sweet rolls and coffee.-----After closing down the station we will make Kahala Avenue look like there had not been a race. For those who remain to assist the committee in these final two functions cold liquid refreshments will be served by the undersigned grateful head of our aid-station.

CLINE MANN

OUTRIGGER CANOE CLUB

AID

Station Only

TICKET REGISTER

EVENT MARATHON AID

DATE

Dec 9

COST

TIME

LIMIT

No

DRESS

Runners

MISCELLANEOUS

DATE ORDERED	NAME	MEMBERSHIP NO.	TELEPHONE NO.	HOW MANY?	TICKET NO.	DATE PICKED UP AND CHARGED	DATE CANCELED	INITIAL
12/2	Weli Crowe	3178	734-5689	1				
12/2	PATRICK greenwell		734-8571	1				
12/2	Robby Farrow	3229	732-5959	1				
12/2	Michael McElhaney		734-4642	1				
	Pat + Thad Ekstrand	2	536-8669	2				
	Rodman Muller	3733	734-4597	1				
	Brad Martin	1272		1				
12/2	Patsy Hicks	461	988-2279	1				
12/2	Lani Davis	2739	395-9577	1				
	Row Larsen	4504	941-1392	1				
12/2	Heather Hicks		988-2279	2				
12/2	Lueta Martin	1709	737-7709	1				
12/4	Bob Zwicker	133	536-1395	1				
12/4	Halpern, Gil	366	537-5311	1				

OUTRIGGER CANOE CLUB

Sign-up

TICKET REGISTER

EVENT _____

DATE Sunday Dec 9

COST _____

TIME _____

LIMIT _____

DRESS _____

MISCELLANEOUS _____

DATE ORDERED	NAME	MEMBERSHIP NO.	TELEPHONE NO.	HOW MANY?	TICKET NO.	DATE PICKED UP AND CHARGED	DATE CANCELED	INITIAL
11/13	Tulan Young	# 4511	737-9553 737-9553	5:30	→ shift 7:00-			
11/13	Jimmy Lee	# 1842	521-6971 521-7585					
11/15	Michele Clarkin	3113	732-5889 732-5776	Start 6:30 7:30 -				
11/17	Ray Suganuma	1621	First Hawaiian Bank		(Main Branch)			
11/23	Barbara Knisley	624	734-5850	① 5:30				
11/30	Suzy Johnston	2853	595-6366 732-6436					
11/29	Gordon Parnon		538-7137	②				
11/30	Amy & Dick Libby	490	737-1439 531-4627	②				
11/30	Rale Hapel							
11/29	Margaret Moore							
11/30	Jake & Ruth Oplegrove	2616	536-7696					
11-30-9	W. Freitas	107	734 8288	4	(2 adults 2 children)			
12-1-79	Terri Tedesco			3				
12/1/79	Matt Anderson		988-7788	3				
12/2/79	Hugh Foster	3284	737-9630	1				

TOTAL THIS PAGE

AID STATIONS, 8th ANNUAL HONOLULU MARATHON, DECEMBER 7, 1980

PURPOSE:

9:45

The stations are properly named aid stations and not refreshment stands as the intake of fluids during the running of a marathon is a necessity and not a luxury. The greatest hazard to marathon runners, even when running in cool temperatures, is dehydration and heat exhaustion. Heat injury is a very serious problem and often requires hospitalization. During long distance running, large amounts of fluid are lost through perspiration and respiration and the internal temperature often reaches 104°. Even if fluids are taken liberally, the runner cannot absorb more than half of the fluid lost. Obviously it is extremely important to take fluids, especially early in the race, to prevent a critical increase in the temperature.

It is requested that each of the aid station chairmen spend a few minutes before the race to explain to their crews the reasons for having aid stations. Most of the workers find that helping with the aid stations is an enjoyable and exciting experience, but this information will make their participation more meaningful.

DATE, TIME, AND COURSE:

The 8th Annual Honolulu Marathon will be held on Sunday, December 7, 1980, and the race starts at 6:00 a.m. This is a standard marathon, AAU approved, and is 26 miles, 385 yards long. It is anticipated that there will be approximately 8,000 local, mainland, and foreign runners, and this is one of the largest marathons in the United States. It has already been documented that there are many more long distance runners in Hawaii per capita than in any other state.

The race starts at Aloha Tower, goes out Ala Moana to Kalakaua, through Waikiki to Kapiolani Park, around Kapiolani Park by way of Monsarrat and Paki, and out Diamond Head Road, then Kahala Avenue to Kealaolu Avenue to Kalaniana'ole Highway, out Kalaniana'ole Highway to Aina Haina, Niu Valley and Hawaii Kai to Lunalilo Home Road, mauka on Lunalilo Home Road to Wailua Street, on Wailua Street to Hawaii Kai Drive, back to Kalaniana'ole Highway, and then back to the finish line at Kapiolani Park.

AID STATION LOCATIONS & ORGANIZATIONS:

- 1 & 15 - Kapiolani Park
 - Frito-Lay of Hawaii
 - Merrill, Lynch, Pierce, Fenner & Smith, Inc.
- 2 & 14 - Diamond Head
 - Diamond Head Lions Club
- 3 & 13 - Kahala Avenue
 - Outrigger Canoe Club

Sponge ringer



- 4 & 12 - Kealaolu
Kaiser Hospital
- 5 & 11 - Aina Haina
Clark Hatch Physical Fitness Center
- 6 & 10 - Kuliouou
Nautilus Fitness Center
- 7 - Kalaniana'ole at Maunalua Bay Beach Park
Hawaiian Electric
- 8 - Lunalilo Home Road
Luncheon Optimist Club
Hawaii Kai Lions Club
- 9 - Hawaii Kai Drive
Straub Clinic and Hospital

PERSONNEL:

A doctor and a nurse(s) will be assigned to each aid station. In addition, each aid station should be staffed by at least 75 helpers in any combination of men, women, and children. Remember, children, if not too young, enjoy this activity and are very helpful.

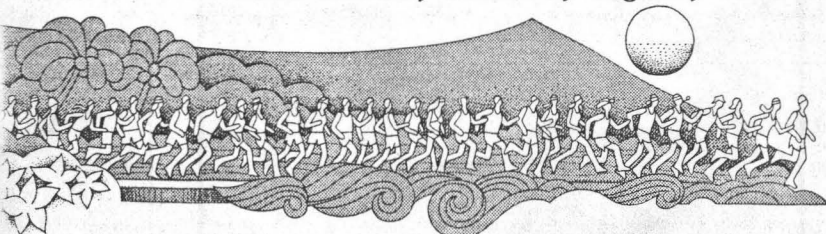
EQUIPMENT:

Each aid station will be supplied with the following equipment and supplies;

- Coca-Cola booth, 10 x 8, 3-sided, easy to assemble without tools
- Ice chest, large, on stand
- Ice (to be delivered to you on race day)
- Coca-Cola, pre-diluted, non-carbonated in one gallon jugs
- Cups, 7-oz. Coca-Cola, and 7-oz. plain
- Large plastic trash cans for sponges and ice water
- Plastic laundry baskets for sponges
- Sponges
- Tables
- First aid kit
- Signs reading "Used Sponge Drop"
- Plastic trash bags

The following items will not be supplied, but should be brought to each aid station:

- Icepicks
- Picnic chests, or coolers (very important)
- Dish towels or rags
- Water pails
- Grass rakes
- Long garden hoses with nozzles
- Hand trucks, dollies, wagons, etc. for ice, cans, etc.



EQUIPMENT PICK-UP AND RETURN:

All equipment and supplies for each aid station are to be picked up on Saturday, December 6, 1980 at the Wailupe Fire Station on Kalaniana'ole Highway. A definite schedule for pick-up will be given to you. The equipment is heavy, cumbersome, and bulky, so please come with at least three trucks and sturdy people. The firemen at the station will not be able to help you load. After the race, all pieces of equipment and unused supplies should be returned to my home, 5273 Papai Street (Aina Haina). Place the booth components in the front yard and arrange all other pieces of equipment in the carport as neatly as possible. All supplies and equipment must be returned on Sunday as some will be picked up by Coca-Cola early Monday, and the rest returned to storage.

ORGANIZATIONAL SIGNS:

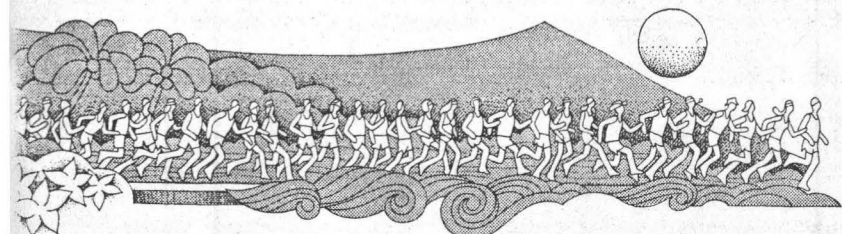
Please identify your organization with any signs, T-shirts, or uniforms that you wish, and feel free to decorate your aid stations in any manner that you desire. Use creativity and let's try to make our aid stations as Hawaiian as possible. As you know, in the past some stations have had hula dancers, music, cheerleaders, etc.

SET-UP AND FUNCTION:

All of the aid stations should use the same flow pattern so that the runners will know where to expect to pick up Cokes and water. The tables can be used as centers for each of the items. Also, the front edges of the tables can be used as guidelines for the helpers to stay behind so as not to interfere with the runners. Place the tables as far apart as is practical as long as you don't out-reach your supply center, and they should be in the following order as the runners approach: Coke and then water.

You will receive two types of 7-oz. paper cups so that specifically Coca-Cola will be dispensed in Coca-Cola cups and water in plain or generic cups for easier identification by the runners.

It is important that all drinks be poured ahead of time. They should be available immediately and cold. Have at least 400 drinks poured in cups at all times until the crowd starts to thin. At the first aid station, for example, most of the runners will pass by over a span of about 40 minutes. Have cups available on the tables so they can be picked up, but this would be a source of congestion if all the runners scooped cups from the tables. It is preferable to hand drinks to the runners, not only because it is faster, but also because the personal contact is important. To pass drinks to runners, hold the cup on the bottom with arm stretched out. Face the runner as he or she approaches and tell him what you are holding.



This year you will be given gallon jugs of Coca-Cola, already pre-diluted, and non-carbonated. Do not dilute! Simply remove the top and pour into your container with ice. The fastest way to handle fluids is to fill a picnic cooler with the fluid and ice and dip the cups to fill them.

Based upon our previous experience, we shall attempt to give you enough gallon jugs of the pre-mixed Coca-Cola to handle all of the runners that pass.

Incidentally, don't forget your workers. Refreshments of some sort would be greatly appreciated by them.

WATER:

Make sure you know where your source of water is before December 7. Some stations may need special equipment such as a faucet handle or special adapter for a sprinkler system. Also, in some locations, an adjacent fire hydrant will be adapted with a tap.

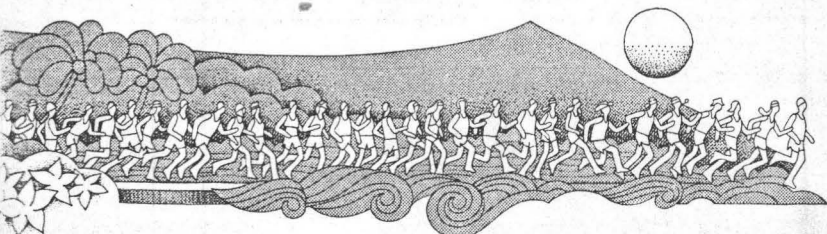
Please do not spray or pour water on the runners without their request as many do not like to get their feet wet.

SPONGES:

Ice-water-saturated sponges are a great joy for all runners. Place block of ice gently in plastic garbage can, fill with water, and sponges. Offer saturated sponges to runners as they pass.

We suggest that you place your sponge station as far ahead of or after the aid station as you can (remember not to out-distance your water supply). Don't be too dismayed if some runners carry the sponges from station to station. Use 4 plastic garbage cans for sponges and space them about 20 feet apart to avoid congestion, but close enough so the runners can see all and not congest at the first one. You will need a few people dispensing sponges and many about 150 feet or so away to catch sponges and return them to the water. Catch the sponges in the laundry baskets and plastic trash cans. This is a great job for children and teenagers. Instruct the youngsters to call for the sponges. Attach the "Used Sponge Drop" signs to the plastic trash cans.

The sponges are the preferred size, so PLEASE do not cut or tear these in half.



A note in the pre-race hand-out for runners will ask them to drop the sponges in the receptacles that are provided instead of dropping them in between stations.

LOCATIONS OF STATIONS:

Know the exact location of your station. This will be discussed individually. You should arrive at your site approximately one hour before the first runners are expected in order to allow adequate time to set up and also instruct the helpers.

WHEN TO EXPECT THE FIRST RUNNERS:

Kapiolani Park - 6:20 a.m.
Diamond Head - 6:30 a.m.
Kahala - 6:40 a.m.
Kealaolu - 6:45 a.m.
Aina Haina - 6:55 a.m.
Kuliouou - 7:05 a.m.
Kalaniana'ole at Hawaii Kai Drive - 7:10 a.m.
Lunalilo Home Road - 7:20 a.m.
Hawaii Kai Drive at Kalaniana'ole - 7:30 a.m.

WEATHER:

Be prepared for rain or shine. It is not likely that any weather conditions, short of a full-force hurricane, will delay the event.

CLOSE-DOWN:

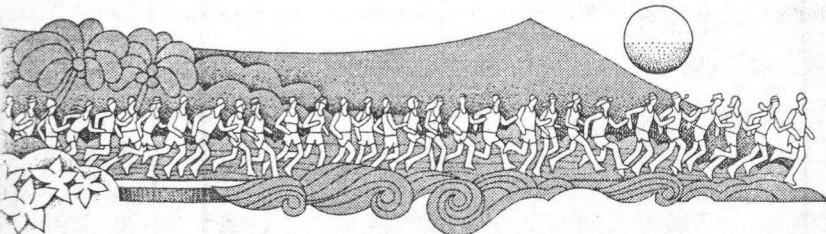
Last year 6% of the runners finished after 6 hours which would amount to approximately 480 runners this year, a significant number. (Only 150 entered the 1st Honolulu Marathon.) The 6-hour-runners will reach the last four stations at approximately:

→ Kealaolu - 10:55 a.m.
Kahala Avenue - 11:05 a.m.
Diamond Head - 11:30 a.m.
Kapiolani Park - 12:00 noon

We ask that these stations leave enough people behind with cups, drinks, and sponges for these last runners. They will be tired and really appreciate the help and encouragement.

COMMUNICATION:

We will have radio communication with each aid station.



CLEAN UP:

All of the aid stations in the past have cleaned their areas up beautifully after closing down, but it is also important to constantly clean up during the race so the runners won't slip on the cups. The grass rakes should be helpful for cleaning up cups.

You should place a large cardboard trash box about 150 feet beyond the last drink station to catch cups.

We shall attempt to have a truck come by toward the end of the race to pick up trash.

AWARDS CEREMONY AND PICNIC:

Plan on attending the awards ceremony and have a potluck family picnic with all the runners and participants afterwards. Kapiolani Park will be packed, but will be interesting, exciting, and lots of fun.

Mahalo,

Jerome L. Tucker, M.D.
Chairman, Aid Station Committee

JLT:do

