

# menehune marchers news

Summer 2009

Volume 9, Issue 2



## Upcoming June Event

### Upper Manoa & Lyon Arboretum

Lyon Arboretum will be the destination on a walk through upper Manoa Valley, on June 20, 2009. We will walk through out the entire park, to a waterfall. Because we have uneven terrain, and a ½ mile gradual uphill walk to the Arboretum, the walk is rated 3.



The head of the valley, where we will be, rains frequently, so mosquitoes may be around. We recommend you bring raingear, insect repellent and a walking stick.



## Upcoming Events

**Jun 20** **Upper Manoa-Lyon Arboretum Guided Walk**  
*Lan Char*  
988-7312

**Jul 12** **Ho'omaluhia Anniversary Walk and Potluck**  
*Maria Brasher*  
261-2583

**Aug 1 & 2** **Mililani YR Hui Hele**  
*Carol & Dennis Romig*  
626-3575

**Aug 15** **Hickam USO**  
*Carol Romig*  
626-3575

**Sep 13** **Manoa YR Hui Hele**  
*Lan Char*  
988-7312

**Oct 3** **Moiliili Walk**  
*Marsha Okada*  
395-9724

## Are You a Member of AVA yet?

## President's Message

Mark Brown

Many thanks to Marsha Okada for organizing the 15 February Diamond Head YR Hui Hele; to Carol & Dennis Romig for organizing the 21 & 22 March Mililani YR Hui Hele; and to Marsha Okada yet again for organizing the 19 April Historic Waikiki YR Hui Hele. All of these club events were well-attended and much enjoyed!

At our most recent 26 April Club Quarterly Business Meeting, we continued to refine and finalize our events calendar for 2009 and started our calendar for 2010. A list of the events on these calendars is included in this newsletter. To date, we have eleven walk events scheduled between June 2009 and April 2010. As always, we remain very much in the hunt for volunteers who would like to help in organizing a walk event for the club. You name it, we need your talents! From event managers, to trail masters, to book "stampers", to folks for set-up and take-down...we need your help! Please come to our quarterly business meetings and let us know what you would like to do and what events or activities you would like to help us add to our 2009 and 2010 calendars.

The 26 April Club Quarterly Business Meeting was also an important milestone in that we elected our new slate of club officers for July 2009 - July 2011. Elected were **Carol Romig** (for President), **Mark Lupino** (for Vice President), **Lan Char** (for Secretary), and **Gordon Tyau** (for Treasurer).

### Upcoming July Event

## Ho'omaluhia Anniversary Walk and Potluck

Beautiful Ho'omaluhia Botanical Garden, on the lower slopes of the Koolau Range, will be the 'place of peace and tranquility' for our annual birthday walk. The first walk of the club was at Ho'omaluhia.

Come and join us for this two fold even, on July 12, which will have a club pot luck, beginning at noon, at the Kahua Nui pavilion, after the morning walk. You can either walk 5k, which starts at the Visitors Center, of the 10 k, which begins at Kahua Nui. Please contact Carol Romig for pot luck information.



You must pre-register for this event, and should have received a flyer to that regard already. If not, call Maria Brasher at 261-2583.



Completed March Event

# Mililani YRE Hui Hele

Carol Romig

In 2009, Mililani was added as a Year-Round-Event. This makes a total on 9 YRE on Oahu and 2 on the Big Island. Despite the rainy weather for the 1st quarter, the Mililani YRE has had a great turnout...65 walkers for the first quarter, many of those walkers joined us on March 21 and 22 for the Hui Hele.



March 21 Group

Earlier in the week, Mililani had heavy rains but on that Saturday and Sunday the weather cooperated. We experienced occasional showers on Saturday. Sunday was cool and overcast most of the morning. We had a total of 34 walkers (25 on Saturday, and 9 on Sunday).



March 22 Group

Please join us at the next Mililani Hui Hele in August. We hope to have a 2nd route developed by then.

Completed April Event

# Historic Waikiki YRE Hui Hele

Marsha Okada

Sunday, April 19 was a busy day in Waikiki with people either training for the triathlon or participating in the Honolulu AIDS Walk. We were competing for parking stalls but never the less 21 club members showed up early for our Waikiki Hui Hele. Fourteen opted to do all or portions of the Historic Waikiki and 7 did the new Waikiki 10K.



The 11K Historic Waikiki YR was recently revised and Marsha thought it would be a good time to involve the club members. It needed to be re-wheeled to make it officially a 10K.



Mahalo to "Trail Master" Dennis Romig for wheeling the route and to all those who diligently read the map directions to check for clarity. The new maps will be made available as soon as the old ones are depleted.. Waikiki YR #166 will then have two 10K options.

## President's Message

continued

Please congratulate the new club officers and thank them for their volunteer service, for the betterment of your health and recreation, at your next opportunity! The new officers will assume their respective offices following an installation ceremony conducted by the nominations committee on 12 July.

As always, please participate in as many of the club events as you can. Also please volunteer to help where you can and always be sure to thank those who have kindly offered their precious time and talents to organize club events.

It has been my pleasure to serve as the club President the past four years. I wish you all much happiness, walking enjoyment, and good health in the years ahead. I also greatly appreciate the vital contributions of many of you in sustaining our YR walks and special events schedule. Please give our new President, Carol Romig, your total support. I think Carol is a very special lady who will lead the club to new heights in activities and friendship.

Just a reminder that our next Club Quarterly Business Meeting will be held on **Sunday, 12 July, following the Ho'omaluhia Anniversary Walk and pot luck picnic.** The meeting location will be the Ho'omaluhia Botanical Garden Pavilion. Please stay for the meeting and contribute to the planning of our many enjoyable club activities! See you on the trails...

# Walking the Alphabet

Charlotte Sullivan and Ruth Asakura

One of AVA's special programs requires 26 walks -- one city for every letter of the alphabet. At least three Menehune Marchers Ruth Asakura, Charlotte Sullivan, and Gordon Tyau have walked from **A** to **Z**. Here's where we went:

|          |                             |           |                           |   |
|----------|-----------------------------|-----------|---------------------------|---|
| <b>A</b> | <i>Albany, OR</i>           | R & G     | <i>Astoria, OR</i>        | C |
| <b>B</b> | <i>Beaverton, OR</i>        | R & G     | <i>Boise, ID</i>          | C |
| <b>C</b> | <i>Corvallis, OR</i>        | R & G     | <i>Coeur d'Alene, ID</i>  | C |
| <b>D</b> | <i>Dallas, OR</i>           | R & G     | <i>Davenport, WA</i>      | C |
| <b>E</b> | <i>Ewa Beach, HI</i>        | R & G     | <i>Ellensburg, WA</i>     | C |
| <b>F</b> | <i>Florence, OR</i>         | R & G     | <i>Flagstaff, AZ</i>      | C |
| <b>G</b> | <i>Gresham, OR</i>          | R & G     | <i>Great Falls, MT</i>    | C |
| <b>H</b> | <i>Honolulu Dia. Head</i>   | R & G     | <i>Honolulu Waikiki</i>   | C |
| <b>I</b> | <i>Issaquah, WA</i>         | R & G     | <i>Iwaco, WA</i>          | C |
| <b>J</b> | <i>Juanita, WA</i>          | R & G     | <i>John Day, OR</i>       | C |
| <b>K</b> | <i>Kaneohe, HI</i>          | R & G     | <i>Kailua, HI</i>         | C |
| <b>L</b> | <i>Laie, HI</i>             | R & G & C |                           |   |
| <b>M</b> | <i>Mokuleia, HI</i>         | R & G     | <i>Moscow, ID</i>         | C |
| <b>N</b> | <i>Newport, OR</i>          | R & G     | <i>Newport, WA</i>        | C |
| <b>O</b> | <i>Oregon City</i>          | R & G     | <i>Omak, WA</i>           | C |
| <b>P</b> | <i>Portland, OR</i>         | R & G     | <i>Pullman, WA</i>        | C |
| <b>Q</b> | <i>Quincy, WA</i>           | R & G & C |                           |   |
| <b>R</b> | <i>Roseburg, OR</i>         | R & G     | <i>Ritzville, WA</i>      | C |
| <b>S</b> | <i>Springfield, OR</i>      | R & G     | <i>Sandpoint, ID</i>      | C |
| <b>T</b> | <i>Tigard, OR</i>           | R & G     | <i>The Dalles, OR</i>     | C |
| <b>U</b> | <i>University Place, WA</i> | R & G     | <i>Universal City, TX</i> | C |
| <b>V</b> | <i>Vancouver, WA</i>        | R & G & C |                           |   |
| <b>W</b> | <i>Waldport, OR -</i>       | R & G     | <i>Waimea, HI</i>         | C |
| <b>X</b> | <i>Mililani, HI -</i>       | R & G     | <i>Spokane, WA</i>        | C |
| <b>Y</b> | <i>Yachats, OR</i>          | R & G     | <i>Yakima, WA</i>         | C |
| <b>Z</b> | <i>Zillah, WA</i>           | R & G & C |                           |   |

Since there is only one **X** in the whole country that has an AVA walk, and its Xenia, OH, AVA designated the **X** as a wildcard. so that any walk could count as an **X**, thank goodness!

Interesting note: If you are planning to do this program. The state of Washington has all the letters of the alphabet except "X".

**Walking A to Z** was trickier than we thought it would be. We thought the **Z** and **Q** walks would be hard to find, but they weren't. The easiest letter to walk was **S** for Charlotte and **H** for Ruth and Gordon, because it was their city or residence. The hardest letter for all of them to find was **J**.

## Club Officers

2007-2009

|                |               |
|----------------|---------------|
| President      | Mark Brown    |
| Vice President | Carol Romig   |
| Secretary      | Lan Char      |
| Treasurer      | Terry Puuohau |

## **Downtown**

**1st Quarter 2009**

Barbara L. Mateo-Kihano

First quarter totals came to 74 walkers with 10 doing it for the award, 58 for IVV credit and 6 for free.

## **Milestones**

February-March 2009 TAW

### Events

|      |                 |
|------|-----------------|
| 125  | Joanne Funasaki |
| 300  | Mark Brown      |
| 1300 | Grace Holloway  |
| 1300 | Wayne Holloway  |

### Distance

|           |                |
|-----------|----------------|
| 2000 KM   | Vernon King    |
| 7000 KM   | Mark Brown     |
| 16,000 KM | JoAnn Doleman  |
| 20,000 KM | Robert Doleman |
| 30,000 KM | Ray Malaski    |

This quarter, we had walkers from Colorado, Florida, Maine, Maryland, Ohio, Pennsylvania, Texas and Washington state. Club members Ray and Greta Malaski, who now live in Colorado Springs, walked on January 11. There were ten international walkers from Japan. They were part of the R&C tours, and explored the downtown historic sites of our downtown walk on February 16.

During this quarter, we received donations from Robert and Ingrid Forcier, of Washington state. Club member Carol Romig also made a donation on February 15.

## **Waikiki, Diamond Head, Kahala**

**1st Quarter 2009**

Marsha Okada

## **Kailua 1st Quarter**

Maria Brasher

|        |    |
|--------|----|
| Total  | 42 |
| Award  | 2  |
| Credit | 38 |
| Free   | 2  |

## **Kona 1st Quarter**

Terry Puuohau

|        |    |
|--------|----|
| Total  | 14 |
| Award  | 1  |
| Credit | 13 |

## **Laie 1st Quarter**

Maria Brasher

|        |    |
|--------|----|
| Total  | 13 |
| Award  | 1  |
| Credit | 12 |

## **Manoa 1st Quarter**

Lan Char

|        |    |
|--------|----|
| Total  | 26 |
| Credit | 26 |

### **Waikiki**

|               |    |
|---------------|----|
| Total walkers | 65 |
| "A" Award     | 14 |
| IVV Credit    | 46 |
| Free          | 5  |

### **Diamond Head**

|               |    |
|---------------|----|
| Total Walkers | 81 |
| 'A' Award     | 23 |
| IVV Credit    | 47 |
| Free          | 11 |

### **Kahala**

|               |    |
|---------------|----|
| Total Walkers | 36 |
| "A" Award     | 5  |
| IVV Credit    | 30 |
| Free          | 1  |

The 2nd Annual Diamond Head Hui Hele held on Sunday, February 15 in conjunction with the R & C Hawaii Tour from Japan brought out 13 club members. There were a total of 25 walkers: 2 for "A" award, 16 IVV credit, 7 free. As a result of this club walk, one walker decided to purchase a New Walker Packet.

For the months of January to March, there were volksmarchers from Canada, Japan and 11 states: Colorado, Florida, Illinois, Maine, Missouri, New York, Ohio, Pennsylvania, Texas, Washington, and West Virginia.

There are only 14 Waikiki patches left.

## **Waterfront 1st Quarter**

Terry Puuohau

|               |    |
|---------------|----|
| Total walkers | 48 |
| Award         | 1  |
| IVV Credit    | 40 |
| Free          | 7  |

## Volcano 1st Quarter

Terry Puuohau

|        |    |
|--------|----|
| Total  | 18 |
| Award  | 3  |
| Credit | 15 |

## Mililani 1st Quarter

Carol Romig

|        |    |
|--------|----|
| Total  | 65 |
| Award  | 12 |
| Credit | 36 |
| Free   | 17 |

## 2009 Events Schedule

October 25

**Quarterly Business Meeting**

November

**Open**

December 13

**Honolulu Marathon Piggyback**

December 19

**Club Christmas Party**

Upcoming Event

## Honolulu Marathon Walk

Carol Romig

The Honolulu Marathon Race Day Walk will be held on December 13, 2009 in conjunction with the start of the Honolulu Marathon. The 10K walk will start at approximately 5:30AM immediately after the start of the Honolulu Marathon 42K.

The Menehune Marchers has sanctioned the Honolulu Marathon, and so you will have the opportunity to earn an event credit, and 10K or 42K distance credit. You will need to pre-register for the Honolulu Marathon directly (and also with our Club) to participate in this event. Our Club flyer will be sent out later in the year. However, the earlier you register with the Honolulu Marathon, the cheaper the entry fee. **So, register early!**

## 2010 Tentative Events Schedule

Jan 30 West Lock

Feb 14 Diamond Head Hui Hele

Feb 15 Great Aloha Run – Piggy Back

Mar TBD Mililani YR Hui Hele

Apr TBD Quarterly Business Mtg

May Open

June Open

Jul TBD Ho'omaluhia

Jul TBD Quarterly Business Mtg.

Aug 1 Business Mtg

Sep Open

Oct TBD Quarterly Business Mtg

Nov Open

Dec.....Open

