

A quasi-official publication of the Menehune Marchers – AVA Club #456

# menehune marchers news

Winter 2007

Volume 7, Issue 4

Upcoming January Event

## Waimea Valley

### Farewell to National Audubon Society

*Carol and Dennis Romig*

### Upcoming Events

- Jan 12** **Waimea Valley Audubon Center**  
*Carol Romig*  
626-3575
- Feb 17** **Diamond Head YRE Hui Hele**  
*Marsha Okada*  
395-9724
- Feb 18** **Great Aloha Run [Piggy Back]**  
*Judy Perrault*  
235-7647
- Mar TBD** **Ka'ena Point Guided Walk**  
*Barbara Mateo-Kihano*  
247-5059



## Are You a Member of AVA yet?

### President's Message

*Mark Brown*

*Aloha All,*

Many thanks to Carol & Dennis Romig for organizing the 26 August Waimea Valley Audubon Park Hui

Start the year 2008 by joining the Menehune Marchers on our January 12<sup>th</sup> volksmarch at the Waimea Valley Audubon Center. The National Audubon Society, in 2003, took over operations at Waimea Valley and turned it into a spectacular showcase. Sadly, they plan to cease management of Waimea Valley on January 31, 2008.

The Waimea Valley includes a world-class botanical collection that features over 35 distinct gardens. To truly enjoy this treasure, expect to spend time strolling through the beautiful gardens to Waihi Falls, archaeological sites, and listening to the native birds.



For our event, the Center has given us a special non-profit admission rate of \$3 per person plus \$2 per vehicle for our event. Pre-registration is required.

Please note, Waimea Valley will NOT be a year round event in 2008.

Upcoming February Event

## Diamond Head

### Hui Hele

*Marsha Okada*

If you are not planning to do the Great Aloha Run on Monday, February 18, 2008 then join us for a Diamond Head Year-Round club walk (Hui Hele) on Sunday, February 17, 2008. You may opt to do a 7K, 10K, or a

Hele walk, to Bob Iverson for organizing the 22 September USO Hawaii Ford Island “Piggy Back” walk/run, and to Marsha Okada for organizing the 6 October Moili’ili Festival walk. All three events were well-attended and very enjoyable! Thanks again!

At the 21 October Club Quarterly Business Meeting, we made a lot of progress in preparing our walks calendar for 2008. Our plan thus far (with the date, event, and event manager/volunteer) follows:

12 January – Waimea Valley Audubon Center Walk (Carol & Dennis Romig)

17 February – Diamond Head YRE Hui Hele (Marsha Okada)

18 February – Great Aloha Run “Piggy Back” Run/Walk (Judy Perrault)

TBD March – Ka’ena Point Guided Walk (Barbara Mateo-Kihano)

April – TBD

TBD May – Mililani or Wahiawa Walk (Carol & Dennis Romig)

TBD June – Kamananui Valley Walk (Bob Iverson)

TBD July – Ho’omaluhia Club

3 August – Kokohead District Park (Marsha Okada)

TBD September – Manoa YRE Hui Hele (Ben & Lan Char)

## **President’s Message**

continued] [

4 October – Bellows Air Force Station Walk (Carol & Dennis Romig)

TBD November – N’uanu Valley Walk (Bob Iverson)

December – TBD

In the holiday spirit, a majority of the Quarterly Business Meeting participants approved the donation of \$1,000.00 in club funds to two local charities – The Hawaii Food Bank (\$500.00) and The Special Olympics (\$500.00).

12K. Parking is available at Waikiki Shell. Meet at the Zoo end of Kapiolani Park across from the Queen Kapiolani Hotel between 7:00 a.m. - 7:30 a.m. If you have any questions, please call Marsha Okada at 395-9724 or on day of the walk 722-8724.

### Upcoming February Event

## **GREAT ALOHA RUN PIGGY BACK**

*Judy Perrault*

February may be the shortest month, but it contains the longest Volksmarch event of the year. The 8 mile Great Aloha Run will once again be sanctioned for AVA credit, as the Menehune Marchers piggy-back on this popular Fundraiser. The race starts at 7 a.m., Presidents Day, Monday, February 18, 2008. The course goes from Aloha Tower to Aloha Stadium.

With a probable 20,000+ racers, runners & walkers, this is the largest participatory fundraising activity in Hawaii. And with that large a mass of humanity, it is important for Volksmarchers to abide by all the organizers' regulations. This includes pre-registration, which is \$35.00 when postmarked by January 19, 2008. There are also different rates for Seniors, Keiki, and late registration fees. A race packet, with your race number and electronic chip to record your time, plus other materials needs to be picked up at a 3-day Expo held the week end of the Race. All this information, plus the registration form and instructions pertaining to shuttles to and from the start and finish lines, is available in a publication that you can pick up at any of the running-shoe stores.

New this year is the opportunity to decrease your registration fee by \$5.00, if you get together with 6 of your friends, and register together. Details are too lengthy to include here, but once again, explained in the race brochure. Following the race, plan to hang out with fellow club members in the Stadium, as various musical groups attempt to revive your weary bones, and as over \$75,000 worth of prizes are awarded. In the next few weeks, the brochure with the details for the Volksmarch part of this event, including where and how to get your Awards Books stamped, will be mailed out. But it is not too soon to pick up your event publication and make your plans.

### Upcoming March Event

## **Ka’ena Point Guided Walk**

*Barbara Mateo-Kihano*

Just a reminder that our next Club Quarterly Business Meeting will be held at 1 PM, Sunday 27 January, at the Castle Professional Center, Kaneohe.

Please come and participate in the events planning for your club! Wishing you all a very happy and safe holiday season! See you on the trails...



## Club Officers 2007-2009

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

The club calendar has set March 2008 as the month that we get to again experience the flora & fauna of Ka’ena Point Reserve. As in past years, we will be “*registering all participants*” at YMCA Camp Erdman’s Mauka parking lot. It is imperative that we are “on time” since we only have from 7:30am – 7:50am to handle all walkers. We will also be providing all participants with a color two page layout identifying the flora and fauna in this unique natural reserve.



*For the safety and enjoyment of all participants, this will be a 10K GUIDED WALK, with walkers being divided into three groups according to walking pace. Fast pace walkers will be the first group to start. The second group will be the medium pace walkers and the third group will be the leisure pace walker who want to look in the burrows of the Ua’u Kani Bird, gaze at the coast of Waianae from the tip of Ka’ena Point and see if the Ilima Papa flowers are blooming!*



There will be a short registration time period, so a pre-registration form will be enclosed with the event brochure, along with the date of the walk. Please mail back your pre-registration form and payment if applicable so that start cards can be prepared ahead of time. Any questions/concerns, contact Barbara Mateo-Kihano ph#247-5059 during the evenings or by email at [leilanilivingeasy@hawaii.rr.com](mailto:leilanilivingeasy@hawaii.rr.com)



### Completed Event

## Navy Ford Island Hosts Menehune Marchers USO Piggy Back Walk

Bob Iverson

The Menehune Marchers have enjoyed their visits to many of Oahu’s Military installations by attending the Hawaii USO’s Run/walks over the past many years. We have been able to visit Marine Corps Base Hawaii,-Kaneohe Bay twice, and Hickam Air force Base, Barbers Point-Kalaeloa and Wheeler Army Airfield at least once each. These visits give us a chance to observe another part of our diverse Hawaii community. We also enjoy these walks because we frequently have many 1st, 2<sup>nd</sup> and 3<sup>rd</sup> place winners in the “elderly” categories. Many of us have the prized small wooden bowls awarded as prizes. We had two winners this year. Maybe more, as the prizes were presented after many of the participants had left.



This year's event offered both a 10K and 5K Run/Walk. The 10K circled the World War II runways and passed the Arizona and Battleship Missouri Memorials, as well as, the newly opened Pacific Aviation Museum. The 5K circled much of the open field areas.

It was a busy day at Ford Island in terms of runners. In addition to the estimated 350 to 400 USO and Menehune Marchers, there was a very sizable number of junior high school students participating in a junior high regional run competition. Most of the Hawaii Junior High Schools, both public and private were participating. In addition, there were several teams from the west coast states and Canada.

The courses for the various runs made use of separate routes. The starting points and finish points, however, for all the runs were at the same place. That made for a little confusion, but really added to the enjoyment by being able to observe the various ages starting and completing their runs.

Our Menehune Marchers participation in the USO runs provide benefits for both organizations. We get to see bases and record our events and the USO benefits from our entrance fees for support of our military forces.

Completed Event

## Discover Mailiili

*Marsha Okada*

Forty-one volksmarchers (35 for IVV credit, 6 free) once again discovered or rediscovered Mo'ili'ili with its cultural/historical offerings. Festival Day was blessed with slight "Manoa Mist" as the walkers "marched" through Mo'ili'ili town and through the UH Athletic Complex to the Kanewai Recreation Center check point.



On the return route a few of the walkers were fortunate to be entertained by The Small World Harmonica Band as they strolled through the Old Stadium Park where the 12<sup>th</sup> Annual Discover Mo’ili’ili Festival was being held.. Our own Menehune Marchers Seiko Imoto and Kazuo Inouye are part of the group, Good job! ( Remember them at one of our Xmas parties?) Other walkers were entertained by “Belly Dancers”.

If you stopped at the Waiola Shave Ice Store for shave ice, you were treated to one of the best in town. The “ono” treats at the finish were baked by Ruby.



Many tasks are involved to put on a successful walk. Many are behind the scenes and done months before the day of the walk. Mahalo to the following club members for their kokua in one way or another: Ruth Asakura/Gordon Tyau, Ruby Fukuyama, Faye/John Miyamasu, Gilbert/Marsha Okada, Terry Puuohau, Carol/Dennis Romig and Gayla Tarumoto. See you at the 14<sup>th</sup> Annual Discover Mo’ili’ili Festival in 2009.

Completed Event

# Big Island

*John Miyamasu*



About 28 Menehune Marchers trekked to the Big Island on Nov.3-4 to enjoy 2 days of walking. The first day, Saturday, we started at the Panaewa Rainforest Zoo. Surprisingly, everyone reported on time and the zoo turned out to be everything it was advertised to be. Like being in a rainforest, it was lush, with beautiful foliage, plants, flowers and a wide array of animals. The second half of the morning walk was at the Nani Mau Gardens, a beautifully landscaped location about five minutes away. Following lunch at the garden, we did a walk outside the crater at Kipukapualu Trail, a short but slightly hilly, shaded walk.



Bright and early Sunday morning at 6:15 a.m., we met at the KMC flagpole and walked the crater rim trail. It was too cloudy to see the sunrise, but we got to see different views inside the crater, as well as the steam vents. After the invigorating early morning walk, we had a sumptuous buffet breakfast at the Volcano House. The rain gods were with us because it didn't rain until we had completed all our walks.

Dennis and Carol Romig arranged for about 20 of us to stay at the Kilauea Military Camp. Our accommodations included one bedroom cabins, apartments and 3 bedroom houses complete with full kitchens and Jacuzzis. It was my first stay at the camp and I loved it. It was clean, spacious, and quiet and had all the amenities of a resort. There was a workout room, dining facilities, bowling alley, ping pong tables, a country store, internet access and more.

Many mahalos again to Dennis and Carol for the coordinating our wonderful weekend.

## *The "9<sup>th</sup> Island and the 49<sup>th</sup> State Walks*

*Marsha Okada*

The UH vs., UNLV football game on September 15, 2007 is what prompted Gilbert and Marsha Okada to go to Las Vegas. They are staunch UH football fans and not necessarily gamblers. However, they came out winners as UH won the game 49-14. And of course, completing 3 year round events in nearly 100 degree weather makes any volksmarcher a winner.

Leisurely walking the South Strip and the North Strip walks on separate days was not a problem. These walks start on Paradise Road and go along Las Vegas Boulevard and through some of the upscale hotels/casinos such as Excalibur, Mandalay Bay and the Luxor. Fortunately, the UNLV Campus YR was scheduled on the morning of the 15<sup>th</sup> as a club walk. John Oszejca, former Menehune Marcher club president and presently the High Roller and Strollers club president, picked up the Okadas at the California Hotel for an early 7 a.m. start. Mary Ptacek of Tater Tours and club Trail



Master walked with us also. She knew of current construction taking place on campus and made appropriate detours. It would have been a challenge for the Okadas doing the walk alone. Mahalo John and Mary. (Note: Club members/ UH football fans Kazuo Inouye and Carla/Paul Razon were cited in Vegas also.)



In early August, Marsha accompanied daughter Marcy to Alaska. (Marcy relocated to Alaska and is currently enrolled as a graduate student at University of Alaska Fairbanks.) Spending 3 nights in Anchorage made it possible for Marsha to do the two year round events. The highlight of the Downtown Anchorage walk is the scenic Tony Knowles Coastal Trail that meanders along picturesque Cook Inlet.



For part of the Historic Downtown Anchorage walk, we followed the bear paw prints on the sidewalks and into the Village Market. It was interesting to see the wall map and photo exhibits of the 1964 Alaska Earthquake. We passed many historic buildings and homes as we approached the Eisenhower Alaska Statehood Memorial. Did you know that Alaska also became a state in 1959?



The Fairbanks Historical Volksmarch goes through the older part of the city where many of the buildings and homes are listed on the National Register of Historic Places. However, our favorite part of the route was walking on the bike path that proceeds along the Chena River and into Pioneer Park, a 44-acre theme park. Marsha is the avid volksmarcher in the family and for her to go on two scheduled trips and do 6 YREs is a win-win situation.

## *Fall in Yosemite Valley*

*Ruth Asakura and Gordon Tyau*



In early October, we spent a few autumn days in the Sierra Nevada Mountains of California, in a small valley in Yosemite National Park. There was a very large rock called El Capitan, and another that looked like it was cut in half, called Half Dome. We did a Mist Trail walk under Half Dome, along the Merced River, which still had water flowing.



The major waterfalls were dry, because they are rain and glacier fed, rather than river, but the autumn colors were out, in abundance. Yellows, reds, and oranges among the dark greens. Mist and fog and coolness enveloped



the granite and flora, and the bucks were getting their antlers ready for contest, it was mating season, and the does were waiting in the meadow. A hot cup of coffee or chocolate was wonderful after the walks.



## Milestones

*December 2007 & January 2008 TAW*

### Events

100----Maria Brasher, Hideo Imoto, Seiko Imoto  
 125----Maria Brasher, Terry Pu'uohau, Charlotte Sullivan  
 150----Maria Brasher  
 175----Ruth Asakura, Maria Brasher, Gordon Tyau  
 200----Maria Brasher  
 225----Maria Brasher  
 250----Molly Brown  
 500----Marsha Okada

### Distance

1500 KM----Maria Brasher, Claire Pickens  
 2000 KM----Maria Brasher  
 2500 KM----Maria Brasher  
 4000 KM----Molly Brown  
 4500 KM----Molly Brown

### Downtown 3<sup>rd</sup> Quarter

Barbara Mateo-Kihano

Total 50  
 Awards 11  
 IVV Credit 33  
 Free 6

### Kailua 3<sup>rd</sup> Quarter

Maria Brasher

Total 18  
 IVV Credit 4

### Kona 3<sup>rd</sup> Quarter

Terry Puuohau

Total 21  
 Free 1

### Laie 3<sup>rd</sup> Quarter

Maria Brasher

Total 5  
 IVV Credit 4

### Manoa 3<sup>rd</sup> Quarter

Lan Char

Total 23

### Waikiki, Diamond Head, Kahala 3<sup>rd</sup> Quarter

Marsha Okada

The total participation counts for the three year round events for the months of July, August and September were:

Waikiki	Total 44	(7 "A" award, 35 IVV, 2 free)
Diamond Head	Total 31	(8 "A" award, 19 IVV, 4 free)
Kahala	Total 22	(2 "A" award, 17 IVV, 3 free)

**Kristen Minato** accepted the AVA Certificate of Appreciation for JP Cercillieux, VP and General Manager of the New Otani Kaimana Beach Hotel. The hotel has been our start/finish point for over ten years.



Incentive 17  
Walkers-CA, VA

**Volcano 3<sup>rd</sup> Quarter**  
Terry Puuohau

Total 13  
IVV Credit 8

**Waimea 3<sup>rd</sup> Quarter**  
Mark Brown

Total 28

**Waterfront 3<sup>rd</sup> Quarter**  
Mark Luppino

Total 40  
IVV 35  
Coupons 2  
Free 3  
Walkers - CA, MO, IL, OH, NJ



It is always nice to read comments written on the start envelop. Jeffrey Forgrave of Oromocto, New Brunswick, Canada did the Diamond Head year round for an “A” award and wrote *“Thank you. That is a wonderful VM and the spectacular view is worth it.”*