

menehune marchers news

Fall 2007

Volume 7, Issue 3



Upcoming September Event

Ford Island

Bob Iverson

The USO of Hawaii Base Race Series is Back!

The 8th Annual USO of Hawaii Base Race Series Event will be run on Saturday, September 22, 2007 at the Ford Island Naval Station.

Individual and team awards (team members are eligible for individual awards) will be given. Team competition (5-10 runners) will be limited to the 10K race in one of the six categories: Military, Police/Fire, Corporate, Male, Female or Mixed. The five best times will determine team rank. Mixed teams must have at least one male and one female finish in the top five or be disqualified.

Upcoming Events

Sep **Ford Island**
22 *Bob Iverson*
947-3359

Oct **Discover Moiliili**
6 **Festival**
Marsha Okada
395-9724

Nov **Big Island**
3-4 *Carol Romig*
626-3575

**Are You a
Member of AVA
yet?**



Both 10K (6.3 miles) and 5K (3.1 miles) races will be run on Ford Island. DOD sticker is required for base access [Parking on base will be VERY LIMITED]. **Parking will be at Aloha Stadium** [enter on Salt Lake Blvd near McDonald's, parking will be \$5/car]. FREE shuttles will run continuously at the start and finish of the races from Aloha Stadium to Ford Island. Runners may park at their own risk in the Marina or other nearby areas but the shuttles will NOT be supporting these areas.

President's Message

Mark Brown

Ford Island

[continued]

Aloha All,

Many thanks to Marsha Okada for organizing the 20 May Koko Crater Botanical Garden 10 km walk, to Carol & Dennis Romig for organizing the 10 June Mililani Mauka 10 km walk, and to Maria Brasher and Carol Romig for organizing the 22 July Ho'omaluhia 20th Club Anniversary 10 km walk and picnic. All three events were terrific! At the 22 July picnic we also completed our election of new club officers. I extend my congratulations and gratitude to Carol Romig (our new Vice President), Lan Char (our new Club Secretary), and to Terry Puuohau (our sustained Treasurer).

The next few months will also include a number of walking adventures and opportunities. On 22 September we will have a piggy-back 10 km (or 5 km) Ford Island Race/Walk organized by Bob Iverson. On 6 October we will have a 10 km (or 5 km) Discover Moiliili walk organized by Marsha Okada. This event will coincide with the (free admission) Annual Discover Mo'ili'ili Festival that will include entertainment, ethnic foods, and goods available from local vendors. On 3 to 4 November Carol & Dennis Romig have organized a Hilo Pana'Ewa Rainforest Zoo Walk and a Hawaii Volcanoes National Park Crater Rim Walk. Both of these Big Island walks will be guided and 10 km in length.

(continued)

Runners must walk/run to Ford Island on their own for the start/finish of their race.

The 10K Race will begin at 7:00AM and the 5K race will begin at 8:00AM. The walk is rated a 1, mostly level, paved walk around the perimeter of Ford Island. Look for the Menehune Marchers banner near the Pacific Air Museum, when you get off the bus.

Individuals and Team Members \$15 per runner, \$10 for children under 14. Team Name and a List of Team Members must be submitted with the team registration form. All fees are non-refundable. Walk-in entries accepted at packet pickup sites on September 15th and/or at on race day at Aloha Stadium (Salt Lake Blvd entrance only) beginning at 6AM.

Packet Pickup: 10AM to 2PM, Saturday September 15th at *The Running Room*, Kapahulu Avenue; *Semper Fit* MCBH, *Rainbow Marina*, Martinez Fitness Center Schofield Barracks and the USO location at the Hickam AMC Terminal. Runners who mail in their application by September 8th will receive a confirmation card. No packets will be issued without ID or postcard. Race Packets will include race number, T-shirt, safety pins and course map. Packets not picked up will be available at the race site sign-in location beginning at 6AM on race day.

Awards: Individual: Top three males & females, Age Groups: Top three males & females, Teams: Top Team in each category, Revolving "Commander's Trophy" will be presented to military team with the best time.

A USO Entry Form must be completed and mailed, to receive by September 8th. You should have received this form in the brochure mailing.

Waikiki Diamond Head Kahala

Second Quarter Report

Marsha Okada

The total participation count for the 2nd Quarter (April, May June) were:

Waikiki: 62-total (4-"A" awards, 54-IVV credit only, 4-Free)

Diamond Head 43-total (11-"A" awards; 27-IVV credit; 5-Free)

Kahala 30-total (2-"A" awards, 25-IVV Credit, 3-Free)

Sales: 3-magnets, 4-HI bars, 6-AVA books, 1-New Walker Packet

Now for the "Uncle Scrooge" paragraph of my letter for this issue... As I mentioned following our election proceedings at the 22 July picnic, I have serious reservations about the safety of our annual President's Christmas Lights Walk. Accordingly, I have decided to discontinue this event. My safety concerns stem from my observation of some close calls during the walk last year. During the Christmas period, the streets around the Capital and City Hall experience increased evening congestion by those coming to see the Christmas lights spectacle and those who experience delays due to the congestion. This hazard is increased by the fact that many driving around during those holiday season evenings have their attention focused upon the various lighted decorations rather than pedestrians. This hazard is further multiplied because many of the pedestrians have the same holiday decorations attention focus, and diminished attention to traffic hazards. In short, I concluded our annual walk was an accident waiting to happen. My former career training as an Army Paratrooper conditioned me to view safety as the first consideration, so I concluded it best to cancel this event traditionally hosted by the Club President. We have other safer options should the club wish to schedule a walk in December. A club Christmas social also remains a possibility if we have any volunteers to organize the event.

Just a reminder that our next Club Quarterly Business Meeting will be 1 PM, Sunday 21 October, at the Castle Professional Center, Kaneohe. Please come and participate in the events planning for 2008.

Upcoming October Event

Discover Moiliili Festival Volksmarch

Marsha Okada

The 12th Annual Discover Mo`ili`ili Festival will be held on Saturday, October 6, 2007 from 9 am to 2 pm at the Old Stadium Park. Once again the Menehune Marchers volksmarch will coincide with that event starting at 8 am at the Ala Wai Community Park on Kapiolani Boulevard. This 10K walk with a 5K option is a "College Credit" walk that goes through the Tokai University "campus".

Other highlights of this walk include: a Japanese Cemetery where in 1968 a memorial monument was built to commemorate the 100th anniversary of Japanese immigrants to Hawaii; the UH Athletic Complex; the Center for Hawaiian Studies and the Kanewai Cultural Garden with taro lo`i and other native Hawaiian plants.

The return route includes: the Japanese Cultural Center of Hawaii (The Gallery is opened from 10:00 am to 4 pm); the Old Stadium Park where you can enjoy the festivities and partake ethnic foods; and the 100th/442 Regimental Combat Team's Memorial on Wiliwili Street.



Don't miss this fairly easy 1+ cultural/historic walk. If you can't make it on Saturday, come and join us on the worker's walk on Sunday September 30. Call Marsha Okada at 395-9724 for start time

Club Officers

2007-2009

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

Upcoming November Event

Big Island

Carol Romig

Menehune Marchers will hold a 2 guided volksmarch event on the Big Island on November 3-4. These walks are in addition to the 2 YRE events (Kona and Volcano). For the very ambitious volksmarchers this is a great opportunity to earn 4 event credits!



The November 3 (Saturday) guided walk will start at 9:00 at the Pana'Ewa Rainforest Zoo, in the Pana'Ewa Rainforest Reserve [the only Tropical rainforest in the US]. The Zoo is also a botanical garden with over 100 varieties of palm, orchid bamboo, and rhododendron. After the initial 5K, followed by lunch, we will drive about 30 minutes to the Hawaii Volcanoes National Park and continue the 2nd half of the walk there, on the Kipukapuauulu Trail.

The November 4 (Sunday) guided walk will start before sunrise, at the Kilauea Military Camp at 6:15AM (yes, that's correct) and will take you on the Hawaii Volcanoes National Park Crater Rim trail and KMC grounds. Along the Crater Rim trail, you will see spectacular volcanic features of the Kilauea's vast caldera floor at a particularly beautiful time of day. The 2nd half of the walk is on KMC, which was established in 1916, as a beautiful getaway resort for the military. There is an admission fee to the Park per vehicle.

Pre-registration must be received by October 25, 2007. 15 people have already signed up and have reserved cabins at KMC. For those interested, we are also planning to have the Volcano House's fabulous breakfast [or lunch] buffet on either Saturday or Sunday. Please make your airline, car rental, and hotel reservations early for the best deals. Contact Carol at 626-3575 for additional information.

AVA National Convention Walks

Carol Romig



Golden Gate Bridge



Angorra Fire



Ryan at the Golden Gate



Lake Tahoe



Santa Rosa - Luther Burbank Gardens

The AVA National Convention was held in Sacramento, California, in June. Over an eight-day period, volksmarchers had an opportunity to participate in many wonderful walks throughout Northern California. Each convention event had about 700 walkers. I thought maybe one or two volksmarches as I was planning my 10-day trip. My Bay Area “non-volksmarcher” friends, however, had such a great time on these volksmarches that I was able to log in six volksmarches (4 convention and 2 year round events). B.S. and Terry from our Club volksmarched even more! *My top three volksmarches:*

Sugar Pine State Park (Lake Tahoe) - This volksmarch was a great starter, taking you through a tree lined trail and then along the gorgeous Lake Tahoe. Not planned, however, was the *Angorra fires*...We were never in any danger, and I was able to take some incredible pictures.

Angel Island (San Francisco) - This volksmarch started off with a short 15-minute ferry ride from Tiburon to Angel Island. After landing, we opted for the easier 10K perimeter trail around the Island with its beautiful views of San Francisco and Alcatraz. Along the trail were old Army buildings used in WWII as temporary staging area for soldiers. (My Dad was in the Army in the 1940s and remembers his stay on Angel Island.)

Santa Rosa (Luther Burbank Gardens) YRE – This year round volksmarch is a must for flower lovers as the walk takes you through the spectacular Luther Burbank Gardens. The starting point is the wonderful Wolfe’s Bakery and Café.



Squaw Valley Sugar Pine [Lake Tahoe]

The next AVA National Convention is in 2009 in Texas but in the interim, there are many clubs that sponsor multi-day volksmarches. I had such a great time in June doing these volksmarches that Dennis and I intend to work our trips around these multi-volksmarch events. Hope you see you on the trails!

Completed June Event

Mililani Mauka

Hui Hele

Carol Romig



It was a gorgeous June day in Mililani for the 35 volksmarchers who walked through the Mililani Ravine Park and the newest developed areas of Mililani Mauka. Many walkers commented that they completed the walk in record time. And some took a little longer, detouring from the walk, and touring the American Classic model homes. We re-checked the miles, and yes, it was 6.2 miles.

The relatively straight up and down route with little turns and the cool weather probably helped walkers set these record times. Thanks to all that helped on our walk!



Completed July Event

Ho'omaluhia 20th Anniversary Walk & Picnic

Carol Romig



Ho'omaluhia Botanical Gardens was the perfect choice for celebrating the Menehune Marchers Club's 20th anniversary. As forty-five volksmarchers walked the Gardens, they enjoyed the awe-inspiring views of the majestic Koolau mountain range, and rainforest trees and shrubs from the tropics of the world.

After burning off the calories, volksmarchers had the opportunity to add on the calories at a picnic sponsored by the Club. Our Club chef, Dennis, cooked the hamburgers (and for the health conscious vegiburgers).

The desserts were wonderful, especially the chocolate cake (according to chocolate experts Mark, Molly, and Dennis). The biggest hit, however, was the yellow watermelon donated by Claire dela Cruz.

Thank you Maria Brasher (and helpers Gayla and Katie) for coordinating the Ho'omaluhia Volksmarch, everyone who helped with the set-up/clean-up of the pavilion, and to all who participated in the walk and made this event such a success!

Milestones

August-September TAW 2007

Events

James Lenox	125
Carol Romig	125
Carol Romig	150

Waterfront Parks

2nd Quarter
Mark Luppino

Total	35
IVV credit	32
Free	3

Kailua

2nd Quarter
Maria Brasher

Total	17
Awards	2
IVV	13
Free	2

Laie

2nd Quarter
Maria Brasher

Total	17
Awards	3
IVV credit	7
Free	2

Waimea Valley

2nd Quarter
Mark Brown

Total	19
IVV Credit	18
Free	1



Coeur d'Alene

Gordon Tyau

Upon our last visit to the mainland in early August of this year, Ruth [Asakura] and I went on a walk that is a favorite of Charlotte Sullivan [see our Summer newsletter] and we found out why. It is a walk in the interesting city of Coeur d'Alene, in northern Idaho, along the edge of a beautiful lake.



We were lucky, for we picked the one day of the year where there were three festivals going on at the same time, a shopping event on a downtown street, an eating event in the city park, and an art event in the local college.



The walk took in the lake, a river, a college campus, a town center, a lumber yard, a hotel, a residential area, a city park, and was one of the most enjoyable walks we have ever been on. We recommend it highly, if you are ever in the vicinity.



General Information

In 2009, for the first time, the IVV Olympiad will be held outside Europe. While walking in the spirit of IVV Olympiad traditions, the e 2009 Olympiad in Japan will take participants on an once-in-a-lifetime journey thru the crossroads of modern and traditional Asian culture.

The 2009 Olympiad will be held in Fuji Five Lakes, an area of majestic natural beauty that encircles historic towns and villages at the foot of Mt. Fuji, Japan's tallest mountain.

Fuji Five Lakes is filled with dense forests, natural *onsen* [hot springs] and traditions of friendliness that make visitors feel at home. The area is host to many international events, including concerts and sports competitions, and stands on the leading edge of Japan's commitment to resource preservation

While deep in nature, Fuji Five Lakes is just two hours by bus or train from Tokyo. A shuttle bus conveniently services the area from Narita International Airport.

The 2009 IVV Olympiad will bring people from across the planet together to enjoy non-competitive sports and rejuvenate their love for nature. Old friendships will be renewed. New friendships will be made. One step at a time we will journey toward peace and harmony

Fuji Five Lakes is a popular hiking and cycling destination year round. The IVV Olympiad courses highlight the area's natural beauty and offer participants a wide range of distances to enjoy and challenge.

Japan 2009

11th IVV OLYMPIAD

Program and Course Information

Both the Walking and Cycling Courses wend around all five lakes at the base of Mt. Fuji and feature gentle scenic climbs. The Swimming Course is at an indoor heated pool in the town of Kawaguchiko

May 14-Thursday

Opening Ceremony at Kawaguchiko Stellar Theatre
Walking Events [5k and 10k].

May 15-Friday

Walking Events [5k, 10k, 20k,42.195k]
Cycling Events [10k, 20k]
Swimming Events [200m, 500m, 1000m]

May 16-Saturday

Walking Events [5k, 10k, 20k, 42.195k]
Cycling Events [10k, 20k]
Swimming Events [300m, 500m, 1000m]

May 17-Sunday

Waling Events [5k, 10k]
Closing Ceremony at Kawaguchiko Stellar Theatre

PARTICIPATION FEE: Y3,00

TRAVEL: Most overseas participants will arrive at Narita Airport & take a shuttle bus to Fuji Five Lakes. The ride is approximately 2-1/2 hours.

ACCOMODATION; a wide range of lodging choices, from traditional Japanese inns, including exclusive Japanese *ryokan* to modern Western style hotel rooms, is conveniently located in the 5 Lakes District. There are more than 580 facilities to accommodate the expected 50,000 visitors.

COST ESTIMATE

<u>Class</u>	<u>Western Style</u>	<u>Ryokan</u>
First	20,000-27,000 yen	40,000-50,000 yen
Standard	15,000-20,000 yen	30,000-40,000 yen
Economy	8,000-15,000 yen	20,000 to 30,000 yen

[Rates quoted are estimates]

[Western room rates based on double occupancy, inclusive of breakfast]

[Japanese style room rates based on double occupancy, inclusive of breakfast and dinner]

INQUIRES: Kinki Nippon Tourist Co., Ltd [kntl]

e-mail [English only]: Olympiad-gb@or.knt.co.jp

Telephone [English only], +81(0)3-5256-1581 [contact Ms. Yasuda]

Manoa

Semi Annual Report
January-June 2007
Lan Char

Total Walkers	53
Mainland Walkers	8
Local Walkers	45
Free Walkers	2
Coupon Users	0

14 club members have walked the incentive walk during this half year, totaling 39 incentive walks in Manoa.

Downtown

Second Quarter Report
April-June 2007
Barbara Mateo-Kihano

Total Walkers	40
Award	5
IVV Credit	26
Free	9

Besides club members, we had walkers from Pennsylvania, Tennessee, Texas, Virginia and Washington State, as well as Ontario, Canada.

On April 26, Deborah Fleming of Nashville, TN did the walk and had this to say, "One of the best capitol walks I've done! Great walk, great directions."

On May 17, John and Cheryl Cooney of Pennsylvania walked for credit and also left a monetary donation in the box for the club.

FYI: During the first 6 months, a total of 23 club members have done this YRE. Mark & Molly Brown earned honors as the ones who have done it 8 times each.

TERRY RECEIVES AWARD

Terry Puuhou receives Meritorious Service Award in recognition of outstanding contributions towards the advancement of American Volkssport Association Programs, at the Pacific Region meeting during the 2007 AVA Convention in Sacramento, June 26. Photo by John Cappello.



Nomination Text: Terry Puuhou is officially commended for her exceptionally meritorious service in support of the sport of volksmarching in Hawaii from 1994 through 2006. Terry served as the President of the Menehune Marchers Volksmarching Club 1994 through 1995, and as Club Treasurer from 2000 to present. In these capacities Terry has made such a major contribution that the Menehune Marchers has flourished as a health promoting club. The Menehune Marchers is particularly important to the American Volkssport Association (AVA), and Pacific Region, because it is the only volksmarching club in the State of Hawaii.

Among Terry's many continuing contributions; she inputs all event sanction requests on the AVA website for the club as well as all other club reporting to the AVA; she stores the club's equipment between walking events; she registers walkers and prepares the income/sales report for each event; she manages the club's membership administration and mailings to include event brochures; she routinely checks the club's post office box and distributes correspondence to the applicable club officer(s) for information/action; she handles all financial reports and transactions for the club; she prepares the after action event sanction report for each event and mails it to the AVA with a copy to the club event organizer; and she mails the IVV/AVA sanction stamp back to the AVA in a timely manner. In short, Terry Puuhou makes the largest contribution of any club member and constitutes the foundation for the club's continuing existence. Such dedication to the club, and the health and well-being of others, reflects great credit upon her, the American Volkssport Association, and the sport of volksmarching.

Accordingly the AVA, the Pacific Region, and the Menehune Marchers all wish to recognize Terry with this Meritorious Service Award and express our collective gratitude for her caring commitment and longstanding service.



2ND-Waikahalulu Falls



4TH-Leaf



4TH PLACE-Gathering Mountain Apples



HON MENT--Kakaako Waterfront Park

Menehune Marchers Win Awards

At the 2007 National AVA Convention, our club walked away with 5 AVA Publicity Contest Photo Awards. The photos, by newsletter editor, Gordon Tyau, are as follows:



1ST-White Hibiscus

Picture 1- **FIRST PLACE**
 Title: White Hibiscus
 Category: Thing
 Walk: Waimea Valley

Picture 2: **SECOND PLACE**
 Title: Waikalalulu Falls
 Category: Place
 Walk: Historic Downtown Honolulu

Picture 3: **FOURTH PLACE**
 Title: Leaf
 Category: Things
 Walk: Volcano

Picture 4: **FOURTH PLACE**
 Title: Gathering Mountain Apples
 Category: People
 Walk: Kamananui Valley Walk

Picture 5: **HONORABLE MENTION**
 Title: Kakaako Waterfront Park
 Category: Places
 Walk: Honolulu Waterfront Park

Volcano

Second Quarter Report

Total	27
Award	3
IVV Credit	24