



Honolulu and Marathon Trip Notes **December 9-17, 2010**

Whoever thought of combining a Hawaii vacation and a marathon must have been a 50-stater. It is not a good combination: It is simply too hot to run a marathon but it is a good tourist destination. I booked it back when I was chasing states but in the end I'm glad I did since Tom came along and we had a super week simply enjoying the island.

Been there done that

There's something to be said for returning to a place: the pressure is off since you've seen the major sites. We were through Hawaii on our way to Australia in the 70s; and again going to and from the Far East when Tom was assigned to Saigon and I accompanied him; and then again in '04 or '05 with a 15-day Hawaiian cruise. This time we could simply return to what we wanted to see again and not feel guilty sitting on our balcony enjoying a breakfast or a sunset.

It's all about the marathon

Okay, I'll get that out of the way. That was the original focus of trip reports for the website www.LibertyLadies.weebly.com. This was another state but there are four left over that are NOT contemplated to be completed so having 'done' Hawaii simply doesn't count towards any 50-states completion. Here's from the finisher's certificate with the fireworks and start line shown – in the dark since its 5am!



Pros

- I got to experience one more 50-state marathon finisher – Annette!
- Huge and well run Expo.
- T-shirt that's high tech and pretty okay looking in a royal blue. Equally good is that it was offered in X-Small. It isn't anything to write home about however.
- More merchandise than even NYC Marathon and all nice quality and quite varied. Of well over 70 marathons, I've never seen such an excellent selection of clothes and merchandise. Here's one I purchased and it came in many colors.
- Easy walk from hotel to start line (15 minutes max) and not too bad returning (about 2 miles). Public bus is available from the finish line.
- Gorgeous scenery along the ocean, up and down hills and cliffs, through mansions and estates, around Diamond Head and back.
- Fireworks at the start.
- Finisher's certificate offered free at the end.
- Costumes galore and the most amazing if not shocking ones. I'll add some pictures here and throughout. It was great entertainment.





There were the professional looking outfits, the unexplainable, many brides/grooms, butterflies, hula skirts on both gals and guys, coolies, kimonos, those who should never wear a running skirt, those that could wear anything well and chose to dress as Santa, many who were covered up like it was either the winter or the Sahara desert, a few guys who looked great uncovered, more unexplainable, colorful, and more than one who needed an ambulance probably due to the heat but sometimes because they were dressed in coats, leggings and hats.

- Christmas lights and decorations abound and you can enjoy them since its dark for a couple hours at the start.
- Sponges (big one's which isn't very green, is it?) on the course in many locations.
- Big open showers at the finish line. Were these guys homeless and needing a shower?
- They use a chip that's disposable and a memento.
- Big time bragging rights and isn't that what it's all about? I really don't like myself for this but feel obliged to admit to the syndrome.

Is this good or not

- The medal? They give a lei (necklace) made from shells and a smallish key chain that's possible to attach with some effort.
- Start at 5am and yet with the heat and traffic it might be necessary.
- Lots of hills but I like that. More variety, but slower going.
- Kindness to the slow marathoner with timing given up to 14 hours. I used to think I was glad to NOT be with the fast runners and their painful expressions but I didn't intend to be back of the pack with the backpackers either. I was.
- Weather can be iffy. 80-82 degrees with 96% humidity (per newspaper) is too hot for some of us but there were some in jackets and leggings so it must be okay for them.
- Mud at the end sounds to be the norm. This year they put down plywood to walk on



as we'd endured a (serious) storm on Thursday and Friday prior when we arrived.

- There were huge lines at the MUFG card tent and I never could figure out what that was about since everything was in Japanese.



This hot muscled guy was doing the entire marathon by running backwards. Signs were often very amusing. The gal with her phone number probably didn't get approval from mommy.



Puuikena Drive seemed to be telling me where to go puke and that I felt like in the heat but the signs of 'sexiest' and 'nice legs' helped revive me.



More costumes and a pacer wearing a fanny pack that was a boom box. That takes care of not being able to hear your friends. Some of the fluid stations were in full costume.



There were dozens of guys in hula skirts. See all those folks sitting or leaning on the bags of ice? This is something new to me – at various points were stacks of ice apparently for this purpose.



Cons

- It's a friggin' 10 ½ hours airplane trip to get to Honolulu!
- The weather again: I don't like anything over 50 degrees. It was sweltering at 5am and I felt dehydrated well before the 5-mile mark which took me a very long 1:10 to get to.
- Crowds are ugly. I was warned to NOT start at the back so I moved way up yet still took 12 minutes to cross the start line and I had fat-assed walkers to pass. Even near the end it was still crowded and there was no way to make any time. (Not that I wanted to or could have anyway.)
- It is very hard for me to believe there were only 22,000 people. Walkers were to line up on the left roadway and runners on the right but the left roadway moved much faster than did the right. Thus there seems to be NO control over the pure walkers.
- They didn't promise food on the course and that's exactly what they delivered. Zilch, nada, zero. Had you been attached to one of the Japanese groups then you were taken care of. I asked at one station and was told (well, I think that's what they were telling me) that I didn't have on a proper shirt to receive help.
- Spectators were few and mostly with Japanese signs and language.
- The finish line food was an apple and two small cookies. Unless you were attached to one of the Japanese groups.

Results

Annette should be very proud and maybe even glad it's done. It was her 50th state! More on that later but here's Annette with pacer husband Larry. She did a 5:52 as compared to my 6:48. Donna stuck with daughter Amy for first ever marathon and did 7:08. It was even too hot and humid at 5am start. My first 5 miles were so dismal and hot and wildly crowded that I gave up the running very early.



My results are on one hand rather laughable and tell the tale, and yet I equally feel good about deciding that if I couldn't have a decent finish time, I'd have a good time finishing. So I stopped along the course to fully experience it. Look -- at 6:25 I was at the 40km point and yet it took another 23 minutes to traverse the last 2 kilometers. There was NO running in for me!

58/157 AG - 6332/9826 Females

1:25:01 at 10k - 3:07:51 at 21.2k - 4:38:03 at 30k - 6:25:30 at 40k



At the 5am start doing what most runners do – check the time, Still dark outside while with friend Tom Hallee of Oregon who I met in Rio, and happily at the finish line.

Numbers aka coming home is a vacation

This was my 24th marathon in 12 months; it was my 23rd marathon in the calendar year. I now wonder why I didn't try for 26.2 in the year. Sick, isn't it? I should be happy my legs managed this

many! I would have qualified for the next to top level Marathon Maniac but since I don't like their shirts Double sick, isn't it? This was my 72nd completed marathon with a few DNSs on top of that and remember that pretty much all of these have been done since I turned 60. I had intended to try for '25 for 65' – and to get there I'd only meant to count 22 marathons plus 3 major hikes to make my 25 for my 65th year. I like it when Maricar calls me an overachiever because in fact I'm the biggest procrastinator and laze there can be. Remember that traveling is my job. Coming home is a vacation.

This is a foreign country – truly

I have lived in foreign countries and I travel plenty in them and I'm here to tell you that Honolulu is very foreign. Surely I was in the minority and certainly I was towering over the zillions of little Japanese folks. The Japanese runners do a lot of things different than we are used to:

- They stretch relentlessly and with such force that I couldn't imagine we didn't need a chiropractor on the course. Had most of us squatted like they did we would have blown out our knees. Anywhere there was a wall or a low wall there would be rows of Japanese stretching.
- Modesty is paramount. Thus lines for port-a-potties at the starting line and along the way were long. I never saw peeing at a bush or tree. I fell in line and once I ran a very long block to a construction site port-a-potty that the corner policeman thought was open.
- Language on the course was rarely in English. Some of it sounded like naughty words but I suspect it was not.
- The Asians in particular seem enamored of any new ideas they can purchase. I saw much on the course and in the Expo booths that are, to my view, pretty airy fairy.
- Clothing is cute as can be. Little Japanese gals wear ruffled shorts. They dress up like baby dolls. They wear matching skirts. Many skirts of various forms.



I never saw so many skirts and fortunately the little Japanese gals look good in them.

This was Annette's 50th State!

She looks good in running skirts! Annette didn't want any big hoopla and she got about what she wished for and yet some of us felt a wee bit of guilt for not throwing a major party. Marv and Maryanne from Tulsa had a cheese and fruit platter and congratulatory note delivered to Annette and Larry's room. I found a bottle of champagne and did my usual mark-up in silver pen on the bottle (but the darned new pen I'd brought didn't write well on the bottle so maybe I need to do another one) and delivered it to her hotel. We'd talked about a t-shirt and various other suggestions were delivered by another 50-state completer (who I didn't know but was in HI too) but in the end Annette just quietly got it done. Since our proposal for a t-shirt didn't go, we inscribed the bottle with

HI – it's as far as Annette needs to go

– and –

Annette's 50th – it's a Lulu



I asked Annette if she got a shout out from the announcer at the finish line and she responds: "Nope not a peep unless it was in Japanese then I am sure it said way to go super hot elite female runner!!!!!" Her take on the marathon is so refreshingly different you may want to read that too. See www.LibertyLadies.weebly.com under friend's trip reports.

(Hono) Lulu opinions by others

From Judy: *WOW...Honolulu was my 2nd U.S. marathon, Dec.2007. I cried when the beautiful fireworks went off in the dark Hawaiian sky at 5:00am. My sister-in-law/best friend Harryette had died the year before and SHE LOVED FIREWORKS. She was very kind, very, very bright, unselfish, fun, sweet, loving, managing broker of a real estate office in Atlanta, everyone had something nice to say about her...and she's gone. She would have laughed hysterically to find out I was doing marathons and at the same time been so proud and happy for me. Anyway, enjoy the day. It rained so hard when I did that marathon, and then the sun came out, after everyone's sun-block was washed away. Potholes in the road...I couldn't stop laughing, I was sure I was doing some kind of exterra or whatever they call those difficult races. Was over 50% Japanese which added to the uniqueness in my mind.*

Seth's race report from 2008 pretty much stands for the 2010 marathon too.

This is my last marathon or ultra of 2008. It has been quite a year. I wasn't planning to go to Hawaii for a while but the opportunity came up when my friend and fellow 50-State Club member Christine Merriam and her supportive husband Rick planned to go where she would be completing her 50th state.

The expo is excellent and offered some great logo apparel. It was mostly Nike sportswear specially designed for the event. It's too expensive to buy so I just admire.

The marathon itself is okay but not one I'd want to do again or recommend. It starts at 5am in the dark. This year it's raining hard for the first 14 miles and then hot and humid for the last 8 miles. The opening miles are very crowded. There is standing and flowing rainwater draining on much of the course so until it gets light about 2 hours after the start it is difficult to find dry footing.

Christine and I start together and are still close enough to converse at about mile 5. I pulled away at about 2 miles but latter pulled off to the side to make a quick pit stop and she caught back up to me. The course is essentially all in the city of Honolulu where one doesn't see much of the natural beauty but rather a lot of hotels and housing areas.

About 80% of participants are Japanese. Many of them look quite fit and fast. One exceptionally attractive young Japanese woman is too cute dressed as Santa's helper.

Two men, not together, are running in native Hawaiian garb. Both are tough looking but a bit too beefy to be fast. They look really cool. One is older with grey hair tied on top with bamboo or bone sticks. He has a kilt-like skirt made of bamboo beads and "click-clacks" as he runs. The younger one has a leafy head wreath and ankle laurels. He is barely covered by a loin cloth that requires occasional adjustment to avoid public indecency. I believe I (barely) beat both of them.

I Gallo-walk quite a bit after mile 18 when intermittent sun and high humidity are as bad as what we experience in Central Florida. At mile 25 I tell a fellow runner near me "The good news is I can walk in from here. The bad news is I'll probably have to."

That said, when I see the finish line at the end of a half mile straightaway I get a burst of enthusiasm that allows me to run fast enough to pass a few people in the last few minutes. Rick Merriam is, as always, faithfully awaiting our finish with his trusted camera. Crowds prevent me from finding him again after the finish but I saw him about 100 yards from the finish line.

The finish area is probably the worst I've seen. There is mud everywhere and one can't walk without sinking ankle deep. Even so, we were required to walk quite a way through it to get a finishers shirt. I see no food anywhere except what is provided by private clubs who had individual tents set up for members. There are some private vendors selling food from carts. There are no finishers medals but we do get a logo key chain and a string of shells in a necklace from which one can fashion their own "finisher's medal." The finish area is across the street from the zoo and the rainwater and mud standing everywhere had a smell suggesting it had intermingled with animal waste from nearby.

In a strange bit of numerology Christine and I had an interesting finish. I was, to the second, exactly 1 hour in front of her (4:53:13 vs. 5:53:13). As if that isn't coincidence enough, her overall finisher place is the same as my bib number: 10224. When leaving the finish area a fellow sees my Track Shack hat and asks me if I'm from Central Florida. He and his female companion are from the space coast somewhere as I recall. Small world.

Some more views from the course



Above: Fireworks at the start; sponges at various stations along the course; lots of lovely sky and clouds but a bit of rain fell too. Yes, I went off course at times to see the sights. I couldn't have gone faster anyway.



See the runners sitting on the bags of ice? What you don't see are the long lines at the porta-potties. Then I started noticing the magnificent houses with competition for the best gates. I have a couple hundred shots!



One mansion built a mansion of a bird house.



Lots of shoreline on this course and interspersed with entertainers. The Taiko Drummers were my favorite and I have a series of photographs of them. See the yoga class on the water's edge?



This is the home stretch. A fountain and then a tree lined street, bordered by parks. See the tents? That is not unusual and it is a large population of homeless who appear to be totally left to set up camp and their shopping carts wherever they choose. The tree is a common huge banyan tree.



This is all at the finish line which is a large park on the far end of Waikiki Beach.

Hotels of choice

I'd had three hotels reserved and in the end when Tom decided to come along he chose and of course (no surprise to those who know him) he upgraded my Hilton Hawaiian Village reservation to the Ali'i Tower with an ocean view and sitting room. I'm told that many celebrities stay in this Tower but I'm not sure I would call Chris Rock a celebrity. (I gave up the Sheraton and a Courtyard by Marriott and both would have been okay.) Please see Tom's Photo Show for the hotel views.



The view from our balcony; one of the ponds outside our Ali'i Tower, and the front entrance.

Advantages to the Hilton Hawaiian Village include:

- It's a huge resort with everything and one would never need to leave it.
- Located at the end of Waikiki and at Fort DeRussy so there's extra greenery.
- They have their own beach and many rooms have ocean views.
- There are dozens of restaurants and a zillion shops.
- The grounds are worth a visit and include Koi ponds, penguin habitat, turtle ponds, waterfalls, sculpture, etc.
- Entertainment abounds at many of the bars and within the sidewalk areas. Sort of like a Disney World. There are bands, roving performers and all day scheduled entertainment that's mostly included in the price.
- This is within a 10-15 minute's walk to the start -- though apparently the back route isn't well known.
- There is a Hertz desk and Hertz parking on site with a little known feature where you can rent a car by the day and not deal with the \$40 parking problem.

I've save other pictures of the hotel for Tom's photo show. See www.TomsKoi.com and click on photo shows or this one is direct at www.photoshow.com/watch/mA6MB7CI.

Restaurants Choices or NOT

Eggs and Things breakfast by Annette: As we rose at the crack of Dawn! We got to eggs and things at 6:20ish they open at 6:00 w/in a few minutes it was full mostly Japanese can they EAT! Macadamia nut pancakes with guava or coconut syrup. Larry better run 27.2 today!

US? Dining at the time on our balcony. Two lazy retirees. Watching parasailing.

Eat fancy or plain? From Judy: COOL!! Didn't know he (Tom) went. I understand that when he travels with you, the dining becomes more adventurous or should I say sophisticated. He doesn't like Subway and hamburgers as much as we do? A. Tom likes to eat well and have nice surroundings. He reminds me that I have enough money and should spend it. Meanwhile I worry about becoming a bag lady.

Judy: I'm getting a good visual of you as a bag lady with thousands of marathon medals around your neck. Later from Judy: I'm proud of you for emptying the bread basket into your zip bag in the fancy restaurant and having a picnic later. Do you think Tom noticed...he was probably too busy eating caviar and filet of plankton or some exotic weird delicacy, or so I have been led to believe. (Remember the story in Hartford about Judy eating all the bread and then later she asked us not to 'toast' to Annette's 50th with champagne but to toast and eat the bread.



The Japanese department store was my #1 choice, followed by the noted cafeteria with Hawaiian delicacies located in Nordstrom in their huge indoor/outdoor shopping mall.



The Japanese eatery inside the department store was a real find and must be like the old country.



We did eat at the close by tallest and best view restaurant called Sarento's which was pretty ritzy with a glorious view which is highlighted in Tom's photo show.

The weather aka it's not our fault if we have to stay longer

We arrived in a storm with lots of local damage to Honolulu and then half way through our trip we wondered if we might have to stay due to snow back home. Ahhhh. 1400 Chicago flights were cancelled! All in all we lucked out weather wise and I'm probably the only one who complains about 80-82 degree heat. I could get no sympathy from friends in the U.S.

Very long ago aka ancient history

Q to Sister Beverly: Remember when you picked up daughter Alayna from Taiwan in the early 70s and brought her to Honolulu? You stayed at the Sheraton Surfside and Alayna's highlight was her first television in a year? A. Yes, I do remember. She might add that she was so excited when she got to the room that she ran into the sliding glass door that was closed. She had a BIG knot on her forehead. How long ago was that???!?!!!

Maryanne regarding Sunsets and sameness: I have pictures from Maui that look exactly like that. My sunrise pictures from OBX are beautiful too. There's nothing like the sun coming up or going down over the ocean. The Pacific looks like blue ink to me.

Diana: You remind me an observation I made after traveling the Far East full time for a year in the early 70s: so much is the same. We might go to another planet and find they have schools and churches and roads and sunsets too.

Parker regarding Sunsets and appreciation: Amazing view from your hotel. Being from the FL Keys, you tend to pay less attention to such things. Then you move and realize how incredibly important they are. Diana: Good observation about getting used to things and losing appreciation.

The medal – if you can call it that

Q to Judy: Did you not get a real medal here?

A. Got a shell necklace and a medallion. I saw someone hook their medallion (medal) on to the chain of shells and I copied that. I was lucky that I didn't break it. I fooled with it for a while until I got it "hooked" the way I wanted. What did you receive?

Judy who did her second ever marathon in Honolulu: Right, that's what mine looked like. If you try and try and try, you can get that little sucker key chain thingy to open up and hang it on the shell chain, and WAH LAH, it looks really cool (well, sort of).

Diana: Okay, I will ask husband to take on the job of attaching medal. I've had other odd ones and my favorite Capon valley 50k has no medal so guess that's ok. I'm going to Capon again for fourth time. I almost bought a key chain and lanyard to form a medal then after walking about a mile to the t-shirt distribution I found that we got the little medal.

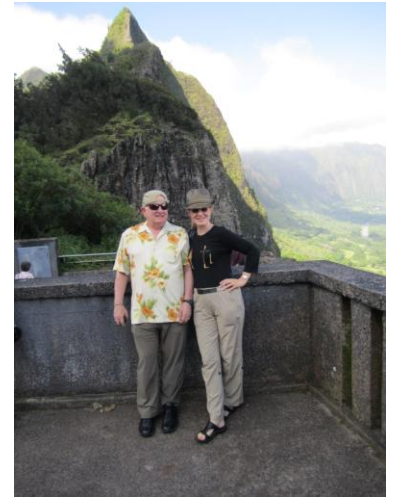
Sunrise on the course

Yet I want you to see the sunrise as we saw it on the course just as we were rounding the corner of Diamond Head. The photo show is full of sunsets from our balcony but this is the marathon course view.



Tourist

This was a trip with Tom and that was the highlight. So, along with this photo of us up at Pali Lookout, I'm mostly leaving the touring to Tom and his www.TomsKoi.com and then click on photo shows.



Honolulu's own Blow Hole

From Annette: We also went to watch it. The guide books mention some folks that decide to disobey the warnings actually get too close and are sucked into the hole and found later out in the ocean!

Dole Pineapple Plantation in middle of island

Diana: I'd think Ole Mr. Dole would roll over in his grave if he knew of that train ride. And the t/shirts. But someone buys them!

Annette: I thought it was lame. Luckily not too pricey. Larry had the smoothie. Even the filler music on train was bad!

Pipeline/Surfers

As the island is noted for surfers, we took a couple opportunities to picnic at the beach including at the noted Pipeline where we watched the surfers.



The last picture is at the bay made famous in the movie "From Here to Eternity"

Bydo-In Temple

Annette and I were texting and either following each other around or finding that we'd just been to the same place. We hurriedly told them about the temple: Annette: Larry had temple in his must-see binder but doubt we would have as he was more interested in bonsai pipeline! I bought fish food and taped Larry ringing bell man in gift shop said an episode of TV show Lost filmed here, so much for serenity. Diana: Temple is confusing to find. Turn in at Valley of the Gods which is a big white open built church across from shopping center. Drive to back at base of mountain. Yes koi. Also black swans and peacocks. See chainman's hat out on water a bit north.

Panorama from Diamond Head



More tourist pictures



The Asian section of the Academy of Arts; Iolani Palace; Who is this little Hawaiian girl? She is everywhere. The Aloha Tower where cruise ships pull up to.



Kalakaua Avenue has a Rodeo Drive of their own and someone apparently purchases gold sequin UGGs; view from the top of Trump Tower; inside the open State Capitol; Sun Yat-Sen in Chinatown.



One of the temples in Chinatown; another temple at Foster Botanical Garden; Gorgeous temple grounds on the other side of the island; climb the hill of the cemetery and be rewarded with vistas and clouds.



On the Byodo-In Temple grounds; a big rip off to tour the Dole Pineapple Plantation; have a picnic on the beach and one of these colorful birds will visit. In view of the lighthouse.



In another botanical garden of some 400-acres; Duke the Surfboarder was a car collector and this is his hood ornament; the Bishop Museum where we spent much of an entire day and found it full of magical looking Koa wood.

Friends Updates

From Yolanda: Hello Everyone. This is too funny...Enjoy!

http://www.youtube.com/watch?v=ySkXZkmjJ4U&feature=youtube_gdata_player

Keep Believing, from Yolanda "Walking Diva" at www.myjourneytoguinness.blogspot.com

From Judy: I saw a television program last night that I'm still thinking about. It was called "My Strange Addiction" I think. The 4 very strange addictions included a person who ate lots of chalk every day, someone who tanned several hours every day, someone who shopped about 12 hours every day (for herself) and a person WHO DID MARATHONS AND ULTRAS A LOT!!!! Ok. This after seeing the u-tube video "I am a Marathon Maniac" makes me wonder if everyone else is a little crazy or if we are. Guess what...I don't think I really care.

Hysterically funny: Found on Face book by many and all about being a 50-stater and a Marathon Maniac: http://www.youtube.com/watch?v=9E7eIrBIWWho&feature=youtube_gdata_player

Maricar's video of 2010 marathons part 2: <http://www.youtube.com/watch?v=gjBrFeM81IY> and in case you missed part 1, http://www.youtube.com/watch?v=PiMA_gNjuSs

Newspaper coverage at the end

There was an interesting controversy when a newcomer jumped in and won, un-seating the favorite. There was a protest and outcome that was quite by surprise. You can read about it and see pictures from the event as shown in the local paper.

My compliment of the year?

From Judy: Diana, I'm sure you're going to get your own reality show when the right person finds out about you. It will really be interesting...all the things you do and the places you go, but the best part will be when you introduce your "weird friend of the week." So many for you to pick from: Jim who

lives in his truck driving from marathon to marathon. Seth who won the Dumbass award for escaping the hospital to go run a marathon, Judy the bread eating wonder, and numerous friends who are walking/running/crawling wounded or injured, and of course Larry Macon...how do you even describe him... and countless others for, drum roll please, "DIANA'S WEIRD FRIEND OF THE WEEK." Maybe Runners' World or Marathon Maniac would sponsor the show...or AARP. Well, until she said AARP!

What's next?

I'm in withdrawal currently since I have no trip until January 7th. That is Running from the Angels Marathon in Boulder City, NV next to the gorgeous Lake Mead National Recreation Area and about 30 minutes outside Las Vegas. I am curious also to see the new developments on the strip as the City Center was being built when I was last there two years ago at the start of a Death Valley hike.

Middle of January Tom will join me in Charleston SC for six days when I'll also do the inaugural marathon as well as our usual touring. Late January I have eight days in Houston for touring the area plus doing the marathon with friends David and Parker. I want to see the presidential library north of Houston, NASA, a lot of local sights, and also go to Galveston.

Next up will be a week-long hike in Maui but if there are not sufficient hikers signing up I'll go to Joshua Tree outside of Palm Springs instead, coming home in time for another hike in the national parks of Big Bend, Guadalupe and Carlsbad after doing the Surfside Beach Marathon south of Houston.

March will give me less than a week at home until Tom and I go to Italy, first to Rome for touring and the marathon and then to Orvieto where Tom has rented a home in that wine region.

Before I say Goodnight Gracie, here's a Lulu sunset

One is taken at the far end of Waikiki Beach and the other while having cocktails at the famous old White Lady hotel, now the Westin Surfrider.



I hope this isn't really The End. I've enjoyed the journey, sometimes 26.2 miles at a time, sometimes sauntering along, sometimes just sitting on my balcony with Tom. Here's wishing you all the same joys whatever they may be for you.

Racers fewest since 1991

BY DAN NAKASO
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The wind and rain ended just in time for yesterday's 38th Honolulu Marathon, and Lynn Jones was happy for the return of clear skies.

"I was crossing my fingers," Jones, a 34-year-old bank teller from Hawaii Kai, said after finishing with a time of 4 hours and 40 minutes.

Precisely 20,735 racers began the marathon before sunrise yesterday, and race organizers said 20,169 crossed the finish line at Kapiolani Park.

In what might be a sign of the still-struggling economy, the estimated number of runners was the fewest for the Honolulu Marathon since 1991 — and far fewer than the 23,469 who entered last year and the 23,230 who entered in 2008.

But over the past five years, race organizers say, the Honolulu Marathon has generated more revenue — \$100 million annually in visitor spending — than any other Hawaii sporting event.

Honolulu Marathon organizers call their event the "most tolerant" in the world by allowing runners to finish with official times even if it takes them 16 hours. Race officials send out an escort vehicle when the last runner reaches Diamond Head Road en route to the finish.

It takes almost 10,000 volunteers to put on Hawaii's largest footrace.

They go through 63.5 tons of ice, 70,000 sponges and 1.9 million cups while both volunteers and runners fill

and 16 massive trash bins with rubbish.

Some 400 "special-duty" Honolulu police officers detour traffic around the 26.2-mile course with the help of 3,750 traffic cones, 2,125 flasher barricades and 2,350 "no parking" signs.

Yesterday's race conditions were better than expected for Kurt Muraoka, an accounting manager from Waikalea who, at the age of 50, ran his 15th Honolulu Marathon.

"It turned out to be nice weather," Muraoka said.

The sun did not show up until Muraoka was into his 19th or 20th mile. By then he was on pace to finish in 4:07, one of his top five marathon times.

But Gilbert Dizon's knees were screaming in revolt yesterday after his second marathon in two weeks.

Dizon, a 25-year-old teacher at Kahala Elementary School, felt fine after running the Seattle Marathon in just under four hours on Nov. 28 — but not so good after yesterday's run.

"I guess I'm still recovering from Seattle," Dizon said while rubbing his knees.

He still finished yesterday's Honolulu Marathon in 4 hours and 20 minutes, but said, "I went out way too fast and burned out in the end," he said. "I was really pushing myself."

The weather did not add to his agony.

"No rain at all," Dizon said. "It was nice. Not too hot, either."

Jones, the bank teller



PHOTOS BY JAMM AQUINO / JAQUINO@STARADVERTISER.COM



bing her legs, too, and still needed to walk another mile to get back to her car.

But Jones did not mind, in part because she met her goal of finishing in less than five hours.

"My legs are sore, my back

make it to my car," Jones said. "But any time you say you're going to run 26.2 miles and then you do it, you're going to be happy."

>> More on the Honolulu



More than 20,700 entrants participated yesterday in the 2010 Honolulu Marathon. Clockwise from top: Daiki Tomioka flashed a peace sign during the run; Fumie Inoue was one of many runners who wore a costume; and Etsuko Kuge made new use of her wedding gown (Ryutaro Katsuki is also pictured).



MORE MARATHON AND POST-MARATHON PICTURES AT



The elite runners lined up to start the race. Belainesh Gebre, left, and Nicholas Chelimo, looking down at shirt, were the women's and men's champions.

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SPORTS SPECIAL

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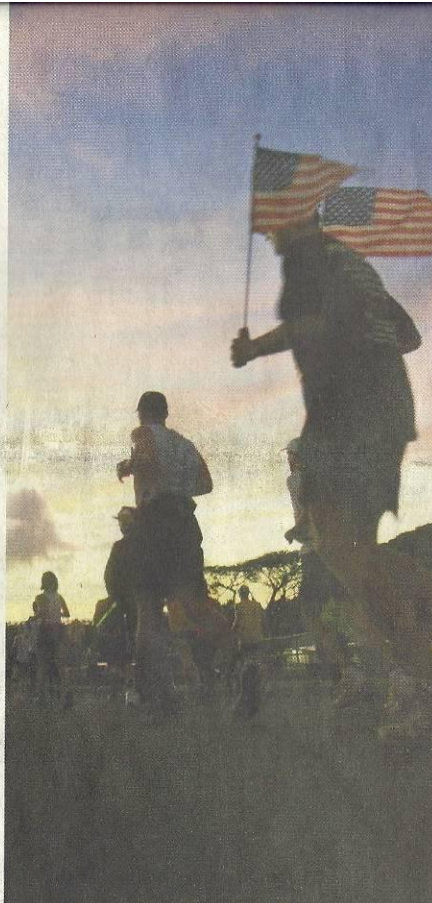
HONOLULU MARATHON

HOME RUN

Runners of all ages and abilities take to the streets for the 38th edition



COURTESY OF HONOLULU MARATHON



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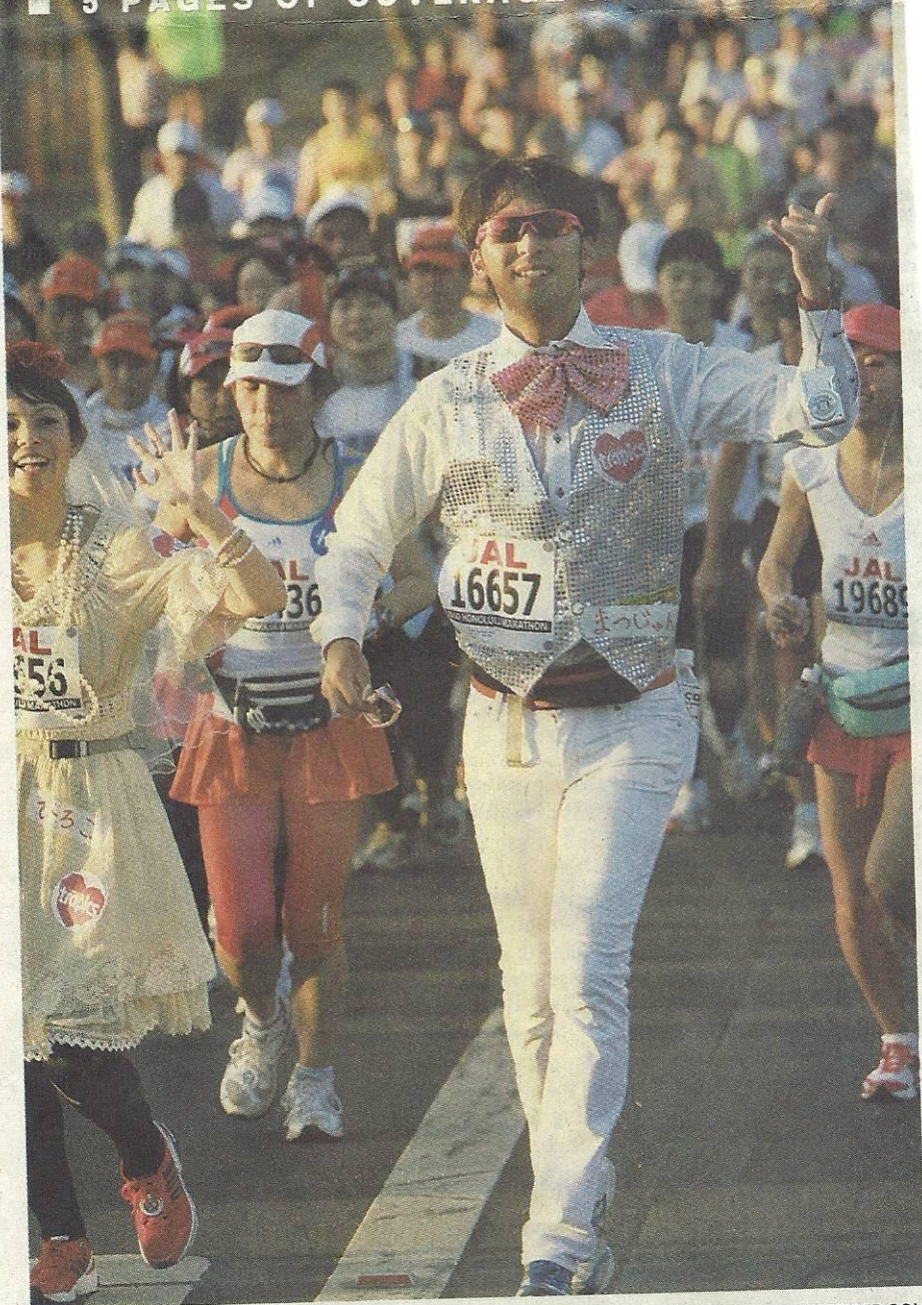
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Runner Mitsutoshi Nakamo flipped his hair back after cooling off with a dousing of water along Kalaniana'ole Highway.

Above, Emiko Goto, Harumi Kawasaki, Takatoshi Taketa, Mizuki Tanaka and

HONOLULU MARATHON

- THE JOY OF THE RUN | B1
- CONTROVERSY CLOUDS FINISH | C2
- 5 PAGES OF COVERAGE IN SPORTS



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A snappily dressed Jun Matsumoto flashed a shaka sign while running along Kilauea Avenue yesterday during the 2010 Honolulu Marathon. More than 20,000 runners started the race before dawn under clear skies.

Controversial outcome a disappointing decision



DAVE
Reardon
Further Review

Foot races are supposed to be simple and pure.

You just run, and whoever gets to the finish line first wins, right?

But whether it's high school track or the Olympics, it seems not to work out that way much of the time. So often some technicality, someone cheating or some bizarre never-seen-before situation arises. Murphy and

his law rarely take a day off just to sit back and enjoy the view.

And now you can add the 2010 Honolulu Marathon women's competition to the long list of races with outcomes tainted by controversy.

This should have been a great, feel-good story — Belainesh Gebre, a 22-year-old from Ethiopia coming out of nowhere (or, one exit west of it, Flagstaff, Ariz.) to win the first marathon she'd ever competed in, shocking the field while wearing a bib number as long as the VIN on my 2003 Saturn.

Yes, theoretically the marathon is like the World Series of Poker, anyone can win. But when you're running 26.2 miles, there's no lucking out on the river — you certainly can, however, die on the hills.

Young runners like Gebre who dare to take command usually falter at the latest on Diamond Head, with wily veterans like defending champion Svetlana Zakharova chugging past on the home stretch — if not earlier. But Gebre's body didn't completely break down, and Zakharova ran out of miles to make up the difference.

THE KID in her first marathon ran out front, all alone.

Well, not really by herself, and therein lies the problem.

She had a coach, a pacesetter, a wind-breaker and a mobile aid-station, all rolled into one. She had her boyfriend, Ezkyas Tsegaya, right where good boyfriends are usually supposed to be — with her every step of the way.

Almost every step in this case, as Tsegaya bugged out right near the end. And Gebre finished the final few yards by herself, presumably to glory and more than \$40,000.

But maybe not.

MORE THAN TWO hours earlier, a little after 5 a.m. and the start, the running and racing experts already were shaking their heads. The line between smart tactics and bad ethics — and maybe even the black-and-white letter of the rules — had been crossed as Tsegaya started to do everything but lay his cloak over puddles for his lady.

Runners draft off each other all the time, and no one saw anything wrong with employing the fastest marathoner in the world, Patrick Makau, as an uber rabbit to set the pace for the elite men.

But you can't use a fellow runner like mountain climbers

use Sherpas. Tsegaya wore a belt full of drinks that he gave Gebre; what's worse is that they played dumb, claiming the beverages were only for him.

There is a rule against this, but enforcing it is left up to the race officials. Honolulu Marathon president Jim Barahal and referee Dick Sutton weighed everything and decided to let them off with a stern warning, meaning Gebre keeps the win and the prize money.

The decision is surprising and disappointing. Could Gebre have won without Tsegaya's help? Doubtful, because of her lack of experience. We'll never know for sure, but from here it looks like Zakharova was robbed.

GEBRE IS INVITED back as defending champion. Tsegaya can run with her if they want.

But ...

"If he's out there with a fluid belt again," Barahal said, "we're going to say, 'Dude, no.'"

Gebre completed the course and crossed the finish line first, and he said that factored heavily in the decision.

"It's not in the Rosie Ruiz sense. She finished the race," Barahal said. "We're always going to be pro-runner. She ran the race."

But so did the defending champ — a minute behind, and without a moving beverage dispenser to make things easier.

Reach Star-Advertiser sports columnist Dave Reardon at dreardon@staradvertiser.com, his "Quick Reads" blog at staradvertiser.com and twitter.com/davereardon.

Note – home from San Francisco late Dec 6th

Itinerary

Thu Dec 9

11:50am Depart via CO#15 (lunch)
5:45pm Arrive Honolulu (HNL)

No car needed? Inquire of hotel how to get to hotel and/or if car needed

Hotel Hilton Hawaiian Village Beach Resort & Spa
2005 Kalia Road, Honolulu, HI 96815 Tele: 808 949 4321
Conf #3367867442

Host hotel is Outrigger Hotel at 2335 Kalahaua Avenue, Waikiki Beach 96815 which is .12 miles from finish.

Fri Dec 10

9:00am Bib Pick up and Expo at Hawaii Convention Center, 1801 Kalakaua Avenue,
Near the Ala Moana Shopping Center, until 7pm
Take official pick up card; bib #9903 – alt on Saturday until 4pm
Courtesy shuttle to Expo from Hilton Hawaiian Village on Kalia Road heading towards Waikiki

Sun Dec 12

5:00am Marathon - www.honolulumarathon.org with bus service from Zoo parking lot on
Kapiolani Avenue from 2 to 4am.
Starts on Ala Moana Boulevard and Ala Moana Beach Park and Kapiolani Park.
No bag check except on Saturday. Aid stations every 2-3 miles.
Finish line at Kapiolani Park is open until 2:30pm. Shirts only for finishers. No bus – bring taxi money
or city bus is \$2.50 once roads are reopen.

Thu Dec 16

8:55pm Depart Honolulu via CO#14 (snack)

Fri Dec 17

11:25am Arrive Newark
Car Car service booked

Participants

Annette Wulffe for 50th state at Marriott Waikiki with Larry
arrive Thurs evening; depart Tues 10:30pm

Description from '09

The Honolulu Marathon starts on Ala Moana Boulevard, which in Hawaiian means "path by the ocean." This phrase is an appropriate description for the entire race course. At the Starting Line is Ala Moana Beach Park, a local recreation area encompassing over 100 acres of park, beaches, swimming and surfing spots. The second mile of the course runs through downtown along Honolulu Harbor and the historic Aloha Tower, a ten-story clock tower which was the tallest building in Hawaii when it was erected in 1926. Runners turn right into Chinatown and proceed through Downtown Honolulu on South King Street. This historic stretch of the course passes Iolani Palace, the only royal palace on American soil; the gilded statue of King Kamehameha; Kawaiaha'o Church, built with coral blocks from nearby reefs; Honolulu Hale, city hall; and Mission Houses Museum.

The race forks right onto Kapiolani Boulevard through urban Honolulu and in the fourth mile turns right down Piikoi Street. The course returns to Ala Moana Boulevard, this time passing Ala Moana Center, a huge, open-air mall with more than 250 stores. The bridge spanning the Ala Wai Canal marks the entrance to Waikiki. The Ala Wai Canal is a favorite training area for outrigger canoe paddlers and the Ala Wai Harbor hosts international yachting competitions.

Mile five races through the concrete jungle of Waikiki high-rise hotels and condominiums, by the Hilton Hawaiian Village and the U.S. Army's Fort DeRussy. The course turns right onto Kalakaua Avenue lined with shops offering everything from tacky souvenirs and t-shirts to high-priced designer merchandise. Just past the Sheraton Moana Surfrider, Waikiki's oldest hotel built in 1901, is a spectacular ocean view: world-famous Waikiki Beach. Tourists, beach boys, sunbathers, and surfers flock to this stretch of white sand, often crowding around the statue of Duke Kahanamoku, a renowned surfer and Olympic gold medalist.

Near the sixth mile, the course forks to the left onto Monsarrat Avenue, around the Honolulu Zoo and past the Waikiki Shell. Runners turn right onto Paki Avenue which threads around Kapiolani Park, Hawaii's first public park. As the course nears Diamond Head, an extinct volcanic crater 760-feet high, there are some short, uphill grades and breathtaking views of Oahu's east coastline. The route circles the crater to the left on Diamond Head Road, then turns right onto 18th Avenue.

The race turns right onto Kilauea Avenue in the tenth mile, passing through residential and commercial areas of Kahala then merges into Kalaniana'ole Highway. The coastal route continues for four miles through the bedroom communities of Wai'alae Iki, Aina Haina, and Niu Valley. This suburban area of Honolulu is comprised of hillside communities with side roads that curve steeply up the mountains. The expensive homes, often perched precariously on cliffs, provide panoramic views of the ocean far below.

In the sixteenth mile, runners turn left onto Hawaii Kai Drive into a valley community created by and named for billionaire industrialist Henry J. Kaiser. The course through residential Hawaii Kai loops around an inland waterway. Looming ahead is Koko Head, a volcanic crater eroded on one side by the ocean into the popular snorkel spot, Hanauma Bay. The course turns right back onto Kalaniana'ole Highway at Maunalua Bay Beach Park, a popular spot for parasailing and outrigger canoes.

For the next four miles, runners double back along Kalaniana'ole Highway passing Kawaikui and Wai'lupe beach parks. At mile 22, the course turns left onto Kealaolu Avenue along the Wai'alae Country Club where the Hawaiian Open PGA Golf Tournament is held. At the road's end, the route turns right onto Kahala Avenue, a neighborhood of luxury homes fronting Kahala Beach and Black Point. Kahala Avenue merges into Diamond Head Road at mile 24, circling back around Diamond Head crater.

As the last mile of the course curves around Diamond Head toward the finish in Waikiki, the route passes Cliffs, a popular surfing spot, and the Diamond Head Lighthouse. At the tip of Kapiolani Park, runners fork onto Kalakaua Avenue. The last stretch of the race runs along the park past Sans Souci Beach and the Waikiki Aquarium to the Finish Line near the Kapiolani Park Bandstand.